

## **GENERAL INTRO for Kay Frances:**

Our speaker has presented in over 40 states and Canada since 1984. As a professional stand up comedian, she lived in New York City for 4 years, appearing in the nation's top showcase comedy clubs. She has a degree in Health and Education from ECU and an MBA.

She is the author of "The Funny Thing about Stress."

Kay is here to remind us of the importance of keeping our sense of humor, managing our stress and taking care of ourselves.

So sit back, relax and prepare to laugh your stress away!

She came all the way from Wilmington, Ohio, so let's give a big welcome to

**KAY FRANCES !**