

## **Presentation Title: “Laugh! Just for the *Health* of it!”**

### **Presentation Description:**

Sure, we all know what we need to do to live happy, healthy and productive lives.

Or do we?

Then why are we so stressed??

It's Kay Frances to the STRESS-cue! She literally wrote the book on stress!

[“Book Cover LOGO” in “LOGOS/Kay Frances LOGOS” File]

Kay Frances believes that the best healthcare “plan” involves actually making a PLAN to do all that we can to take care of ourselves; physically, mentally, emotionally and spiritually.

Kay doesn't preach from an ivory tower, but rather shares her experience as she has done everything you are NOT supposed to do! It was a long, winding, hilarious journey back to wellness and she happily shares what she learned along the way.

*“Laughter is the best medicine but sometimes  
you need a double shot of Demerol.”*

*Kay Frances, MBA*

With a degree in Health and Physical Education, Kay has the expertise that you need to put wellness at the top of your “to-do” list. Not only will you get solid information on wellness and stress management, but you'll leave this session motivated, energized and ready to take on your challenges with renewed vigor.

Kay is never far from her roots as a professional standup comedian, so prepare to laugh while you learn without straining your brain!