



BIO-LONG

185 words

Known as “America’s Funniest Stressbuster,” Kay Frances has shared her message to “lighten up, stress less and take care of ourselves” in 38 states and Canada for over 25 years. She holds a Master's Degree in Business Administration, a degree in Physical Education and a 4th degree black belt in karate. She was also a family caregiver for 7 years.

Kay is the author of “The Funny Thing about Stress; A Seriously Humorous Guide to a Happier Life.”

When it comes to humor, Kay is the "real deal" having performed as a professional standup comedian for many years and appearing on a number of national television and radio programs including Lifetime Cable’s “Girls Night Out” and NBC’s “America’s Funniest People”. She also lived and performed in New York City where she appeared at the nation’s top comedy clubs such as “The Improvisation” and “Catch a Rising Star.”

When it comes to managing stress, Kay learned the hard way by engaging in every unhealthy habit known to man before making her way back to good health and sanity. It was a long, winding, *hilarious* road! www.KayFrances.com

BIO-MEDIUM

110 Words

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BIO-SHORT

49 words

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