

# **Kay Frances, MBA** "America's Funniest Stressbuster"

In this motivational and hilarious presentation, "America's Funniest Stressbuster," Kay Frances offers a healthy dose of laughter that is just what the doctor ordered for your well-being. With her energetic, upbeat presentation, you'll laugh while you learn without straining your brain.

In this frenzied world we need to be reminded of the importance of managing our stress, keeping our sense of humor and maintaining a positive attitude. Kay does this in a way that is second to none! She doesn't preach from an ivory tower, but rather relates her personal story as she found her way back to good health. It's "humor-with-a-message" at its funniest!

### **About Kay:**

Humorist and Stress Management Specialist 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. As a Stress Management Specialist, Kay believes that people who manage their stress are happier, healthier and more productive.

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! Kay's extensive list of clients includes 3M, Travis Air Force Base, Wisconsin Technology Education Association, Rohm and Haas Chemicals, American Red Cross, Central Baptist Hospital, Discover Business Services, Dickinson Health Care System, Missouri State Teachers Association and many more!

