



PRESENTATION DESCRIPTION

“Laugh!...Just for the HEALTH of It!”

108 words

With Kay's 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 keeping our sense of humor and taking care of our health. Kay does this in a way that is second to none! 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! She doesn't preach from an ivory tower, but rather relates her personal story as she became one of those people she used to hate: A health nut! www.KayFrances.com