



PRESENTATION DESCRIPTION

"Taking the Road Less Stressed!!"

111 Words

In this fun, lively and interactive presentation, Kay Frances, "America's Funniest Stressbuster" will help us to understand and identify the things that stress us. Additionally, we will develop an ACTION PLAN for better managing our work and lives. With an MBA, a degree in Physical Education and a 4th degree black belt in karate, Kay has the expertise to help people operate at their peaks! Kay believes that people who manage their stress, take care of their health and keep their sense of humor are happier and more productive than those that don't. And she is never far from her roots as a Professional Standup Comedian, so prepare to laugh! www.KayFrances.com