



## **Presentation Description**

### **“The Funny Thing about Stress”**

150 words

Feeling stressed? Worried about change? It's Kay Frances, “America’s Funniest Stress Management Specialist” to the STRESS-cue! This presentation has the same title as her book, “The Funny Thing about Stress.” In this motivational and hilarious keynote, Kay’s humor combined with her expertise in stress management will not only offer useful information, but will show you a rollicking good time in the process. 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 managing our stress, keeping our sense of humor and taking care of our health. 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 clean, relatable “humor-with-a-message” at its funniest. Your stress level will thank you! [www.KayFrances.com](http://www.KayFrances.com)

59 words

Kay’s humor combined with her expertise in stress management not only offers useful information, but shows folks a rollicking good time in the process. It’s clean, energetic “humor-with-a-message” at its funniest. Feeling stressed? Worried about change? No need for “brain strain”. It’s Kay Frances, “America’s Funniest Stressbuster” to the STRESS-cue! Your stress level will thank you! [www.KayFrances.com](http://www.KayFrances.com)