



Reduce stress! Improve your health!
Diminish chronic pain!
Find new friends!



*Do it all with a technique you don't have to pay for,
swallow a pill for, or take a test for!*



Let Patt Schwab, Ph.D., CSP,
tell you about the wonders of

VITAMIN H — the Prescription for Humor!

In this humorous and informative presentation, Dr. Schwab reminds us that there is a powerful, inexpensive vitamin we may not be taking as regularly as our good health requires. She is speaking of Vitamin H: our sense of humor.

"Sick" Humor Can Make You Well!

Dr. Schwab's theories about the beneficial effects of humor are based on personal experience as well as scientific research. After a horseback riding accident left her with a **T-6 fracture** and a prognosis of **paraplegia**, humor was her personal weapon during the long process of recovery. She talks about how humor helped her in her **relationships** with her doctors and therapists and about how laughter can help **ease pain, relieve anger and build strength** . . . all important ingredients in the healing process.

Declaring humor the "**Ben Gay of the soul**," Patt encourages her audience to look inside themselves for a humorous perspective on personal problems and challenges. She highlights humor's ability to:

- ❖ **Impact physiologically on good health**
- ❖ **Enhance rapport with care givers**
- ❖ **Help keep perspective**
- ❖ **Reduce stress in trying times**

The last part of her program emphasizes the many ways we can **increase the "smileage"** in our personal and professional lives.



Meeting Planner Notes:



This program is an excellent keynote or 90 minute to 3 hour workshop.

*As a **WORKSHOP**, it can be designed to promote interactions between conferees.*

*As a **KEYNOTE** it can be tailored to include references to your conference program. A section discussing a variety of ways to increase the humor in your life without becoming a clown can be used as a **BREAKOUT** session after a keynote.*

*It can also be developed as a **COMMUNITY EDUCATION EVENT** sponsored by a hospital, clinic, or any organization promoting humor and health.*

*Since laughter, adrenaline and staying awake all go together,
this is also a great luncheon or early afternoon presentation.*

MEMBER



NATIONAL
SPEAKERS
ASSOCIATION

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