

## Choosing to Live a Happy, Balanced, Vibrant Life

Good choices are the foundation of living a happier, healthier, more vibrant life. But sometimes we get so bogged down in the busyness and craziness of everyday home and work life that we don't stop to think about the choices we are making – and the disappointing results. When that happens, we live by default, not by design.

A sense of balance and contentment comes from having a true understanding of personal values and then using one's time, energy and talent in ways that add meaning to life. Kathleen Passanisi teaches you how to do just that – in ways that benefit you and all the lives you touch.

Making your happiness a priority is not selfish. It is one of the most responsible things you can do. And when we make these changes in concert with like minds, the positive impact increases exponentially.

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## Humor for the Health of It

Humor and laughter are not only acceptable in healthcare – they are desirable. Plus, they have a positive impact on physical, emotional, social and vocational health.

Learn how to develop your sense of humor to enhance morale, creativity, communication, energy, teamwork and the patient/family experience. The bonus is you'll be laughing while you're learning.

# CMSA- Long Island Annual Symposium Two Great Programs

## Kathleen Passanisi, PT, CSP, CPAE

has enhanced the way slightly fewer than a bazillion people laugh, live and work – with cutting edge content, style and clean hilarity. This Hall of Fame speaker, humorist, health professional, author and educator was honored with a Lifetime Achievement Award in therapeutic humor.

The Fortune 500, major medical centers, leading universities, seriously ill people, overly serious people, all kinds of associations and tons of women's groups count on Kathleen to address issues in positive living, life balance, the science of happiness, coping with change, surviving life in "The Sandwich Generation" and the therapeutic value of laughter and humor.

Passanisi is the author of *It's Your Life – Choose Well*, *The Spark Anthology* and *HUMOR ME – America's Funniest Humorists on the Power of Laughter*.

# Save The Date!

## October 16, 2013

## A STRESS- RELIEVING "LEARN WHILE YOU LAUGH" EVENT

WITH  
FUNNY LADY  
KATHLEEN  
PASSANISI

