

Live Well, Laugh Lots

Inspirational Speaking Meets Stand-Up Comedy

by Susan Stewart, Motivational Speaker

FREE



Through sharing the “greatest hits” of wellness information and funny observations about human nature, Susan Stewart brings an entertaining hour about the powers of putting your well-being on your daily to-do list. Susan will inspire you to create everyday habits that match your desires to have the health and energy to enjoy your friends, family, and favourite activities!

“Susan was brilliant! Enjoyed every moment!”

- Sharon Simmons, Ministry of Health and Long-Term Care

**A speaker who delivers the
HA - HA that brings on the A - HA**

Date: **THURSDAY MARCH 25, 2010**

Time: **1:30-2:30 pm**

Location: **Bernard Betel Centre**

1003 Steeles Ave W, Toronto, ON M2R 3T6

***Free Admission & Light Refreshments**

Sponsored by AMICA at Thornhill



For information, call Nadya at 416-225-2112 ext. 126 | www.susanstewart.ca