

DON'T LET LIFE FRACTURE YOUR FUNNY BONE



BROWNBAG LUNCH SERIES
NOON TO 1:00 P.M.

AT THE
LANDON CENTER ON AGING,
ROOM 200

NOVEMBER 10, 2009 (TUESDAY)

Presenter: Mary Pebley, Humor Therapist

After a major earthquake hit San Francisco, one man put a sign on his damaged house that said, "House for rent. Some assembly required". Life has its speed bumps; times of pain and disappointment. Some people are able to bounce back and recover quickly while others sink. The ability to bounce back and remain flexible is what we call "resilience".

Join Mary Pebley, humor therapist, as we try to answer these questions:



- How resilient are you?
- What things make you more resilient?
- What role does humor play in resilience?

Explore your potential for resilience and get some "playful practice" in using the concept "Survival of the Witty-est".

<http://www2.kumc.edu/coa>

Call Matt Chandler at 913-588-3094 to Register.



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