

READY FOR SOME FUN? SOME LAUGHTER  
AND SOME TEARS? READY TO LEARN  
SOMETHING NEW????

- THE 2009 MARC CONFERENCE IS FOR YOU

"CELEBRATE YOUR OWN UNIVERSE"

- OCTOBER 9, 2009
- DAYTON, OHIO

CHALLENGING YOU

HUMOR THERAPIST, ELAINE LUNDBERG

IT'S ALL ABOUT YOU

TECHNOLOGY

PAMPERING

HANDS ON PHILANTHROPIC PROJECTS

CRAFT PROJECTS

CELEBRATING YOU

BJ CLARK

DON'T FORGET TO BRING YOUR FAVORITE BOOK TO SHARE  
AND EXCHANGE FOR SOMEONE ELSE'S FAVORITE.

# MARC Leadership October 9, 2009

## “De-stress for Success”

**LAUGH...  
FOR THE  
HEALTH OF IT!**



**Elaine Lundberg**  
Humor Therapist

Elaine's popular presentations are both educational and motivational. They help anyone concerned with wellness and stress management learn to effectively incorporate positive humor into his or her personal and professional lives.

Give the members of your organization or convention the opportunity to learn how to:

- Take their work seriously but themselves lightly!
- Use positive humor to enhance team building!
- Use humor as a positive tool for stress management and wellness!
- Use hearty laughter to decrease stress and increase productivity!

Elaine's books include:

*If They're Laughing, They're  
Not Killing Each Other!*

*No More Bummers!*

