

## **Lynn's Introduction**

What do you get when you cross Oprah, Richard Simmons, and Rocky the boxer?

You get our speaker... Lynn Shaw.

Lynn is founder of Energizing Life and her vision is to connect people to possibilities so that they can transform from tired to terrific! Lynn's background in healthcare and mental health spans a rich 25 year history working in hospitals, outpatient clinics, private practice, and anywhere else she could get paid. She has completed specialized training in holistic stress management, therapeutic laughter, and Gestalt Therapy.

Lynn is active in the Association for Therapeutic Humor and the National Wellness Institute. She is the author of Tee Hee Moments, Laughter for the Healing Heart, and A Healthier You.

AND, lastly,

Lynn admits she had to stand out in the hall in 3rd grade for (pause here) uncontrollable laughter.

Please help me welcome Oprah, Richard and Rocky—I mean—welcome... Lynn Shaw!