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Educational Leadership: What Else is Possible?

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May 16th 2013: Humergy: The energy that comes from experiencing humor, joy and optimism.

Include some fun in your day! In this interview we will explore the benefits of humor with a focus on brain research. The relationship between learning, stress and memory are explored a healthy lifestyle, but to maximize the benefits of humor for healthy living. The goal is that participants will be able to identify positive wellness applications and focus on strategies that they can use to improve their humor practice. If you love laughter, this show is for you!?

Tune in

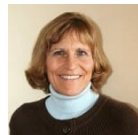
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Featured Guest



Mary Kay Morrison

Mary Kay Morrison is an educator who has taught at virtually every level of the educational spectrum for the past 30 years.

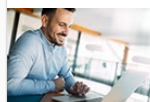
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