

Comic Release, an Un-workshop

- Stressed out?
- On overwhelm?
- Feeling out of sorts? **Then You Owe it to Yourself!**
- See molehills instead of mountains!

Tools that Transform Life through Laughter!

- Re-empower yourself to take care of what needs to be done.
- And do it better! All while you —
- Ease up that tension, when alone or dealing with others!
- Stay healthy.
- Find time for you! (Honest!)

Fun without guilt

“Thanks, Ina. This workshop has changed my life.” *Beverly Pender, Women in Management, Monterey, CA*

“Ina is warm, witty and wonderfully informative. She inspired me and gave me a new direction to get to my goals.” *Nancy Finston, Finston & Finston Accts.*

“Ina’s spirit is magical. I’ve become one with my gastrointestinal tract.”
Larry Yurdin, Network Consultant, Microsoft and other corporations

TIME & DATE:

PLACE:

FEE:

Spaces are limited, so please reserve early. For reservations and further information call

“If you find humor in anything, you can survive it.” Bill Cosby

About your facilitator...



Ina Hillebrandt, President of *The UN-Workshops*™, is a nationally known speaker, trainer and Fortune 500 consultant who has been injecting light notes into serious work for 20+ years. Clients served include UCLA, Planned Parenthood, VISA, Sears, PepsiCo, Weight Watchers, IBM. Ina earned her B.A. in social sciences from the University of Pennsylvania, with graduate training in anthropology and psychology at Tulane. A Who’s Who Woman of the Year, she’s appeared on TV and radio, in the *NY Times* and other print media, and written several books, including Amazon.com bestseller *Pawprints*. She also founded Pawprints Literacy Plus Foundation™, enabling children to improve literacy skills, learn kindness to animals, and build self-esteem, and providing life enrichment, self-empowerment and healing for seniors through memoir and fiction writing.



Artwork adapted from the original by Meg Biddle
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