



2025 FREE Public Lecture Series

NO REGISTRATION REQUIRED • LIVE-STREAM ON CAMPUS AND ZOOM

Laugh, Learn, Live Fully: *Embracing Environmental Stewardship with Humor, Knowledge, and Action*



UN Sustainability Goal #3: GOOD HEALTH AND WELL BEING

Tuesday, April 8, 2025 • 7:30 - 9:00 PM (ET)

Franciscan Center Board Room

This lecture will highlight how the simple act of laughter can be a powerful tool for fostering connections and collaboration. Laughter breaks down barriers, creates a shared positive experience, and releases feel-good endorphins that promote bonding. By intentionally incorporating humor and opportunities for laughter, we can build trust, relieve tension, and cultivate an environment conducive to open communication and teamwork. Laughter is the shortcut to forming meaningful bonds that are essential for any group striving to work together effectively towards a common goal.

Katy Maag is a BSN, RN, CCRP, Certified Stress Management Coach, Brain Health, Happiness Coach, and Uppiness Facilitator. With over two decades of experience as a presenter, Katy combines health and wellness education with the power of laughter to create an engaging and transformative experience. She is a board member of The Association for applied and Therapeutic Humor(AATH) it is an international association made of professionals in all careers who use humor to improve wellness in a variety of ways the 2024 conference had over 17 countries represented. Her passion lies in helping individuals master their state of wellness, providing practical tools for stress management, and cultivating joy in challenging times. Katy is also a co-author of the internationally bestselling books *Cinderella Monologues & Live Life in W.O.W!:* *Nuggets of Wonder, Openness & Wisdom.* Also author to multiple magazine articles in *Vision Made Magazine, Healthy Me,* and *Self Love Maven.* Author of *Turn that Frown Upside Down.*



Katy Maag,
BSN, CSMC
(Certified Stress
Management Coach)

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