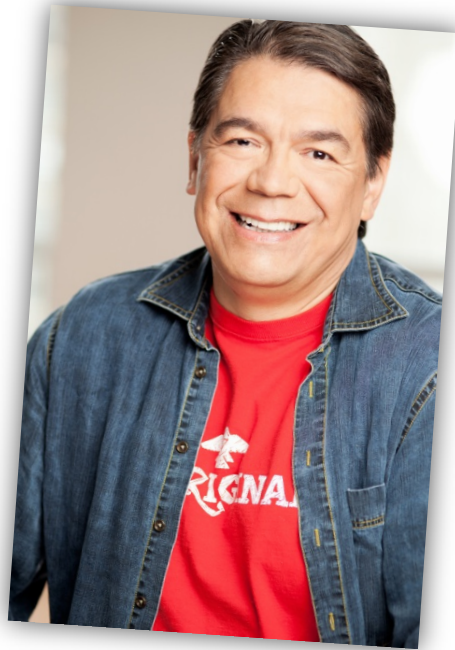




KEYNOTES WORKSHOPS INTERACTIVE & FUN
HUMOUR FOR HEALTH

→ **LORNE CARDINAL**
www.lornecardinal.com



Bringing laughter to people across Canada and around the world, Lorne is an Actor + Director well known for his role as "Sgt. Davis Quinton" on 6 seasons of the hit, Gemini award-winning comedy series *Corner Gas*.

Lorne was on the road to becoming a teacher before changing his path. Even though he made the switch, numerous years directing both tv and theatre means Lorne is no stranger to teaching and facilitation. As the first UBC "Phil Lind Multicultural Artist in Residence" Lorne spent several weeks speaking and mentoring in the theatre arts and film programs working with a range of 1st year students to Masters' level learners.

In addition to schools, Lorne speaks and works with youth, young offenders & youth at risk, community & charitable organizations and fundraising events. He has guest facilitated audition workshops as well as joining in on *Humour For Health* workshops with Monique for team-building, staff retreats and health & wellness conferences.

Humour For Health offers up some of the most important things Lorne loves about Directing – helping others learn new skills and build confidence – with the added bonus of having a focus on the spirit of play and fun.

→ **MONIQUE HURTEAU MBA**
www.moniquehurteau.com

Monique has an eclectic background which runs the gamut from writing to consulting to personal training to stand-up comedy-ing to Film/TV Producing. She holds a Master's degree in Business Administration with a specialization in Management Consulting, has been teaching & facilitating for over 10 years, continues to add to her teaching credentials including a train-the-trainer certification and she's in the final stage of the BC Provincial Instructor Diploma Program.

Humour For Health blends some of Monique's very favourite things 'cause stand-up comedy is lots o' fun and she loves teaching and sharing her knowledge. Playing a role in showing people how they can bring more laughter into *their* lives is truly the best of both worlds.

MOVE WITH INTEGRITY www.movewithintegrity.com
With 20+ years in business, in a wide variety of industries from land research to the fitness industry, Monique draws from a diverse range of experience.

An innovator with a keen eye for practicality. Monique works in strategic planning, leadership, health & wellness, research, Aboriginal affairs, program & policy development, operations, project management and entrepreneurship.



→ **THE MISSION**

The mission is to bring more humour into people's lives.

→ **ABOUT US**

Humour For Health is Writer+Comedian Monique Hurteau and guest facilitator, Actor+Director Lorne Cardinal.

Monique had been offering *Humour For Health* workshops for several years before crossing paths with Lorne. It didn't take long to see that collaborating made far too much sense!

From their first workshop for a staff retreat where participants were nearly hyperventilating with uncontrollable laughter, Monique & Lorne have been bringing the *Humour For Health* fun to people across Canada.

Monique still teaches *Humour For Health* on her own and Lorne joins in the fun as the guest facilitator whenever the scheduling gremlins cooperate!

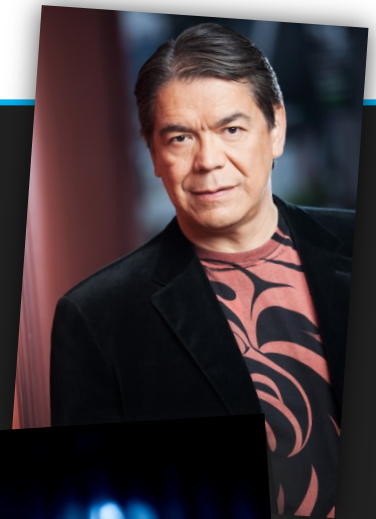
Whether you work with Monique or Monique & Lorne, laughs are guaranteed!

→ **WHAT WE DO**

Whether it's a workshop, keynote or training session, we make it fun & interactive! Participants learn how to be more resilient by using tools that can help turn almost any challenging situation into something to be laughed at!

- Workshops
- Keynotes
- Presentations
- Corporate training
- Lunch & learns
- Consulting

Everything we do can be customized to your specific needs.



→ **QUESTIONS?**

Looking for something not listed above? Email info@humourforhealth.com or visit us at www.humourforhealth.com

WE LOOK FORWARD TO LAUGHING WITH YOU!!!

