



PRESENTS

Mark Lundholm

FLEXING YOUR HUMOR MUSCLES:

Live interactive professional workshop
at the Floyd Roberts Pavilion in Land of Memories Park



Mark Lundholm Professional Speaker

Friday September 30, 2011
12:30p-2:45p

Certificate of Attendance provided

Registration \$30

**Please pre-register before September 22, contact Shannon, Darren or Kevin
(507)386-5730**

klangton@smnrc.org

www.smnrc.org

This presentation is very specific to **healthcare, addiction and treatment professionals**. Hilarious, irreverent, and emotional stories of hope, healing, heart and humor **designed especially for the dedicated people who work on the front lines of the disease of addiction, codependency, alcoholism, and other dysfunctional family dynamics**. They will be invited to examine themselves professionally AND personally in order to **re-discover passion, purpose and potential**. Power point, group exercise, comedic material and personal disclosure are all used to **give these attendees more tools to take to work with them next week!** This workshop will remind the “pros” why they work with the “cons”!! One of the lines Mark uses in this workshop is "this is the job I have because it is the work I was born to do!"

Clean and sober since 1988, Mark Lundholm is a former criminal, mental patient, homeless wino, resident in a halfway house who started poking fun at the insanity his life had become. This process continued and gained momentum, and in a short time an incredibly talented and energetic entertainer emerged. Beginning with a successful standup comedy career through 50 states and 10 foreign countries, this comic's “drank there, used that” style of humor is now so much more than a comedy show and beyond a typical keynote presentation.