

LOOKING AHEAD

2017 WELLNESS SERIES



Navigating the Second Half

The Brain Improvement Prescription: Stimulate Cognitive and Social Connection through Improv Comedy



*Carol Roberts,
MA in Gerontology*

Ms. Roberts will explain the roots and history of comedy improvisation and explore how it is used today in work with people with memory loss, anxiety, depression and social isolation. She will touch on the research testifying to its benefits and efficacy. A former member of San Francisco's Femprov Comedy Troupe and a former standup comedian performing with the likes of Robin Williams, Paula Poundstone and Ellen Degeneres, Ms. Roberts now teaches comedy improv at the Carmel Foundation. The lecture will be followed by a comedy improv demonstration by members of the class and guests.

Wednesday, October 18, 2017 2:30-4:00pm

The Carmel Foundation, Diment Hall
SE corner of 8th and Lincoln, Carmel-by-the-Sea
Healthy refreshments provided • Seating limited to the first 100



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