

Introduction for Roz Trieber, MS, CHES

A degreed health educator and trained presenter, Roz Trieber brings to her audience an “edutaining” experience filled with practical solutions for people in high pressure positions.

She helps organizations and individuals realize how a sense of Humor, a positive approach, and the willingness to be spontaneous are the secrets to stress reduction and increased productivity.

Roz is the author of “Live Life Laughing” an innovative and imaginative approach to living a healthier, happier and more prosperous life, “The Joy of Living ...the Journal That Inspires You to Live Life Laughing,” and a CD entitled “Does Cancer Have A Sense of Humor?”

Roz is a frequent speaker and seminar leader to all types of businesses, health care, education, and professional organizations.

She is adjunct faculty at Towson University, President-elect of the National Speaker’s Association of Washington, DC, current chair of the Educator’s Professional Expert Group of the National Speaker’s

**Association and past board member of the Association for Applied
and Therapeutic Humor.**

Please help me welcome Roz Trieber.