

Joan Kennedy

Speaker - Author

You're as Young as You Feel

You're as young as you feel, is an old cliché, but it is in fact the truth. Aging starts in your head. You may think and say, "I'm too old to start anything new." "The best years are behind me." or "I'm too old to change." But according to motivational speaker Joan Kennedy, to feel younger, your thoughts should be on how young you feel, not how old you are.

Joan's presentation is a poignant reminder that worrying and negativity about aging is a waste of time and the goal for all of us is a life of productivity, good health, fun and laughter.

Joan will have the audience laughing because she believes laughter makes us feel good, and it is beneficial to our mental, emotional and physical well being. She encourages everyone to surround themselves with people who are cheerful and up-beat and avoid people who whine and complain!

Aging is inevitable - this topic inspires audiences of all ages to put the emphasis on being happy with who you are, and where you are now.

Attendees will benefit from learning:

- How to free yourself from the outdated views on aging
- List the possibilities of second and third chances to begin again
- Accept the fact that you are living longer and entering old age later in life
- Find the way to be and live as young as you feel
- Regret is a waste of time

To schedule an appointment to discuss a speaking opportunity,

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