

# SUSAN GUZZETTA

PROFESSIONAL SPEAKERS FOR ALL OCCASIONS



## **ANITA MILNER** **BETTER HEALTH THROUGH LAUGHTER**

Anita Milner has been one of America's favorite speakers for more than two decades, captivating audiences across the country with her unique insights into the effect of humor on our lives. In her presentations, She shows people where to find humor and how to use it to their advantage. Her talks are fast-paced, lively and laughter-filled, supported by an intelligence that makes her program one of the most enlightening and entertaining around.

Anita Milner is more than a unique speaker, she is a unique individual. After receiving an M.A. in Special Education, she went on to graduate from law school at the age of 49 and passed the California Bar a year later, earning the sobriquet "The Change of Life Attorney," proving it's never too late to accomplish your goals.

Anita is a member of the National Speakers Association and past president of Laughmasters, a Toastmasters group specializing in humor. Among her many appearances are television guest spots on "CBS This Morning" and "America's Funniest People."

Anita incorporates a wealth of real life experiences into her presentations, regaling audiences with her humorous tales of dealing with life's daily occurrences, unexpected surprises and unusual circumstances. A one-of-a-kind personality, Anita is as unforgettable as her humor.

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### TOPICS

#### **HOW IMPORTANT IS HUMOR?**

Studies show that humor is one of the best natural methods we can use to maintain a longer, healthier life. In addition to be enjoyable, laughter has been proven to effectively reduce stress and eliminate tension. In her program, Anita will show you how to develop humor that will not only enrich your life, but also enable you to turn negative emotions into positive ones.

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### CLIENT LIST

American Bankers Association  
American Society of Military Comptrollers  
American Society of Travel Agents  
Association of Professional Genealogists  
Assoc. of Women in Sales & Marketing  
Big Sister League, Inc.  
British Isles Genealogical Association  
California Association for Coordinated  
Transportation  
Cal. News Executives Advertising Assoc.  
California Women in Government  
Channel 10  
Clemson University  
Colorado Council of Genealogical Soc.  
Industrial Recreation Council  
Interior Specialists, Inc.  
Iowa State Genealogical Society  
Jewish Genealogical Society  
Kaiser Permanente  
Ladies Auxiliary of the Association of Drilled Shaft  
Contractors  
Muscular Dystrophy Association  
National Education Association  
National Genealogical Association  
Pacific Egg and Poultry Association  
Palomar College  
Palomar Pomerado Health System  
Regular Common Carrier Conference  
Robins Research International  
Sharp Cabrillo Hospital  
Sharp Memorial Hospital  
Society of Women Engineers  
Southern California Red Cross  
The Delta Kappa Gamma International, Chi State  
TransWestern Publishing  
Tri-City Medical Center  
TRW MEAD Women in Action  
UC San Diego Cancer Center  
Walmart  
West Coast Western Market  
Western Independent Bankers  
Whittier Presbyterian Intercommunity  
Hospital  
Women's Opportunity Week  
World Sign Association

## ANITA MILNER

### TESTIMONIALS

"...you just killed that audience. You were sensational..."

Ron Reinar  
San Diego County Sheriff's Department

"If it is true that one burns three calories per laugh, we all must have burned 1500 calories during your talk. You were a very funny lady."

Kimberly Weinstein  
California Women in Government

"You brought new meaning to the word humor... Your family style jokes brought tears to my eyes... And of course my belly hurt from laughter."

Bill Brown  
County of San Diego

"Thank you for your fabulous contribution to our conference. I heard people raving about it all day... You are terrific."

Loraine Costa  
San Diego Regional Conference for Women

"I laughed so hard my sides hurt."

Linda Morasco  
North San Diego County Legal Secretaries Association