How We Can Reduce Stress and Perform better: Lisa Pedace

Funny Speaker and comedian Lisa Pedace is a balance and relaxation expert. By that, she means she’s a Libra and she likes to take naps. She loves to entertain audiences and make them laugh. Audiences love her simple, self-tested relaxation techniques that they can begin using immediately.

Lisa’s performed at the Edinburgh Fringe Festival and the Seattle International Comedy Competition, among others. She has a B.A. from the University of Notre Dame and an M.A. from San Diego State University. Her humor self-help book, The Diet Joke, is a Foreword Book of the Year Award Winner and a Dr. Laura Recommended Book.

Lisa’s lived in Italy, had a gas bubble in her eye following emergency retinal detachment surgery, and been a caregiver for her mother who suffers from Alzheimer’s Disease. Through it all, she has learned the importance of managing our stress, taking good care of ourselves, keeping a positive attitude, and embracing the bold font.

If you’d like to see some of her comedic work, check out LisaComedy.com.
**Important Dates:**

- **May 21st**: Rotary District 5340 night at the Padres!
- **May 22nd**: Lisa Pedace: Lighten Up - How We Can Reduce Stress and Perform Better
- **May 28th**: INSTALLATION DINNER! 6:00 pm - La Mesa Community Center
- **May 29th**: DARK for Lunch
- **June 1-5**: Rotary International Convention – Hamburg, Germany
- **June 27th**: 20149 Governors Dinner – La Jolla Marriott

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**La Mesa Rotary Installation Dinner**

**SAVE THE DATE!**

La Mesa Rotary Installation Dinner

**Tuesday, May 28th 6:00pm**

La Mesa Community Center

We will be DARK for lunch on Wednesday May 29th.

Our Installation Dinner is a fun night to thank and recognize Dani for being our President for the past year along with the out-going members of the Board.

Then we get to install Jerry as our incoming President along with his new Board members!
Joel Anderson – Mainly Mozart
We had a very fun speaker last week! A very talented young man with Autism who is an artist! Here is made a picture for Ron and Bonnie.