

U of G Women, Work and Wellness

What are your challenges to living and working well?

Say What? Say Yes!

Thursday, March 26
11:30 am - 1:00 pm / UC 442



Improvational theatre (improv) is unscripted, spontaneous storytelling built on principles like *say yes*, *fail often* and *support your fellow players*. Join Andrea Buchholz in this fun and interactive session to learn more about how these principles work in improv and how they apply in real life too. Get ready to say yes!

11:30 am networking and a light lunch will be available.
11:45 am presentation
12:45 pm reflection and sharing

Please register using this [RSVP link](#)

Andrea Buchholz is a Professor of applied nutrition in the Department of Family Relations and Applied Nutrition. She holds several teaching distinctions. In her spare time, Andrea is one-half of a St. John Ambulance therapy dog team, along with Dylan, her 11-year-old poodle cross, and is a comedic improviser with a Waterloo-based improv troupe.



Mark your calendar for the final session on Wednesday, May 6 at 7:30 am