

IT'S THE NUMBER ONE MEDICAL PROBLEM THAT WE ALL SHARE— STRESS

95% of all illnesses are stress related. It's the number one cause of death in America today.



How do you end stress in your life?
You book Stress Relief Expert
B.C.

The Buzz On B.C.

Some look good on the cover but turn out less than expected. In your case, you delivered exactly what you advertised.

- **Kevin P. Walsh, Walsh Family Chiropractic**

Your Stress Management speech is just what we needed. Our job is so much easier now. Thank you.

- **Mary Leslie, RN**

My staff and I thank you for helping us deal with the stress that comes with our job.

- **John McCormick, DDS**

Thank you for the fabulous job at the Bethesda Marriot.

- **Michael Zhuang, MZ Capital**

Thank you helping us remember and practice what's most important.

- **Trish Gimmell, Raleigh Rotary**

Thank you for sharing your stress management message with my staff. They love me now.

- **Dr. R. Fitzgerald**

The best we have ever had.

- **Ron Spryer, Collins & Aikman**

We will have you back again next year for sure.

- **Barbara Clayton, CoGentrix**

Excellent speech. I highly recommend you.

- **Jill Moran, RN**

Brad Carver a.k.a. B.C. has been doing stress relief seminars and keynotes for corporations, Chambers of Commerce, Hospitals. Civic organizations, teachers and small businesses for more than twenty years.

"I have found that the best way to relieve stress is through humor. There's not a lot of laughter in medicine, but there is a lot of medicine in laughter."

Laughter lowers your blood pressure. Laughter releases endorphins, the body's natural pain killers. And the number one advantage to Laughter—it relieves stress.

B.C. has helped over two million people (and counting) all over North America live better lives through humor. His Stress Relief keynotes and seminars will teach you how to end stress caused by your illnesses, your relationships and your job.

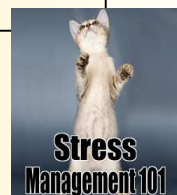
"You simply cannot be motivated to do a good job at work if your home life is causing you stress." B.C. gets to the heart of the problem and shows you how to end stress everywhere in your life.

He is author of two books, *Daddyhood* and *Stress Relief 101*.

As a comedian B.C. has headlined the main room at the Plaza in Las Vegas and the Atlantis Sun Resort Casino on Paradise Island in the Bahamas. He has shared the stage with Merle Haggard, Conway Twitty, Larry Gatlin, Barbara Mandrell, Ellen DeGeneres and Jeff Foxworthy.

Clients Include

Highpoint University North Carolina State Saturn of Nashville Nurses Assoc of New York Caswell Co. Chamber Shriners of S.C. Fuquay-Varina Catholic Highpoint University Pleasant Garden Baptist	Ford Motor Co. NASCAR US Postal Service Ward Burton Racing Team CoGentrix Collins & Aikman Wofford College University of Wisconsin And more...
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