

35th Anniversary Banquet

“RENEWING RELATIONSHIPS SINCE 1973”

6:30 p.m. November 21, 2008

Point Plaza Suites and Conference Hotel

Speaker: “Humor Therapist” Elaine Lundberg

Tickets: \$50 each (\$25 of this may be tax deductible)

Contributions benefit client aid program and related expenses

Call 757-873-2273



About the banquet and what we're celebrating

Peninsula Pastoral Counseling Center was founded in 1973 by eight clergy and laity from Peninsula congregations in order to provide “professional counseling in a faith context.” The founders saw the need for a place to provide professional counseling to all who could benefit, regardless of ethnicity, race, religious beliefs, or ability to pay. The Center relies on donors to subsidize the fee for those who do not have insurance or personal means to pay the fee.

This year's banquet theme is “Renewing Relationships Since 1973.” This event features humor therapist Elaine Lundberg. Ms. Lundberg is a former comedy improv performer who also used humor behavior modification as a classroom teacher. She gives presentations across the country, sharing her prescriptions for wellness: “Laugh a lot and laugh often,” and “Stress is a choice; you can choose to lighten up or tighten up.” Be prepared to practice your belly laughs in an evening of healthy hilarity.

Tickets for this fundraising event are \$50 (\$25 of this may be tax deductible). Gifts beyond the cost of the ticket will help cover the cost of providing professional counseling for those who cannot afford to pay the full fee. To order tickets, call 757-873-2273.

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