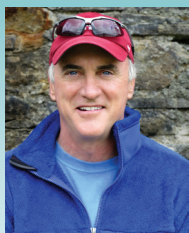


EXPANDED  
SECOND EDITION

# STRESSED IS DESSERTS

## SPELLED BACKWARD

### BRIAN LUKE SEAWARD SPEAKS AT WCSU



**Brian Luke Seaward PhD**, best selling author, motivational speaker, award winning film director, holistic stress management expert, workshop facilitator, and teacher will present

"Stressed is Desserts Spelled Backward."

This event is sponsored by the Institute for Holistic Health Studies at WCSU and will include a book signing immediately following the presentation.

"It has been said that he looks like James Taylor, dresses like Indiana Jones, and writes like Mark Twain. In the role of traveler, visionary, mystic, healer and mentor, Brian Luke Seaward has created a legacy in the field of wellness and health promotion for all to share."

#### To buy tickets:

call (203) 837-TIXX or visit [wcsu.edu/tickets](http://wcsu.edu/tickets)

#### For additional information:

please contact Christel Autuori at [autuoric@wcsu.edu](mailto:autuoric@wcsu.edu)

**October 18 at 7:30 pm**  
**Ives Concert Hall**  
**181 White Street, Danbury, CT**

General admission is \$15

WCSU employees and alumni are \$10

WCSU students with valid ID are free

Tickets at staff and faculty rate will be available at the information desk in the Midtown student center or purchase online at [www.wcsu.edu/tickets](http://www.wcsu.edu/tickets). Valid WCSU ID required at time of purchase.

INSTITUTE FOR  
 HOLISTIC  
HEALTH STUDIES  
AT WESTERN CONNECTICUT STATE UNIVERSITY