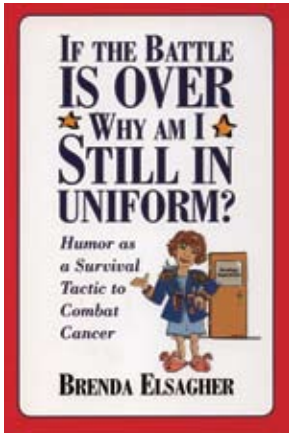
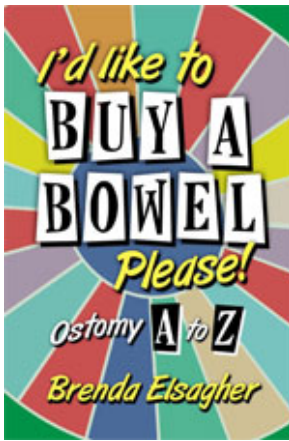


Books



"If the Battle is Over, Why Am I Still in Uniform?" delivers an uplifting poignant message about living through daily battles with honesty and humor. Brenda Elsagher takes her personal story and connects to each reader through their tears and laughter.



"I'd Like to Buy a Bowel Please!" is a compilation of eighty stories from people touched by bowels gone hay-wire. Contributors are health care providers, family members, and people living with ostomies. These stories

provide some humor and insight into the life of a person living with an ostomy and is hopeful in the face of adversity.

Awards & Titles

- CARRA Volunteer for National Cancer Institute (Consumer Advocates in Research and Related Activities)
- American Cancer Society Golden "Mic" Award
- Newsmaker of the Year, Minnesota Women's Press
- Twin Cities Funniest Person
- Past President, United Ostomy Association
- Comedian/Storyteller
- Author
- Wife/Mother

CEU credit objectives and description of Brenda's educational talk and clinical evaluations given upon request.



Speaking Topics
Clients
Awards & Titles
Books



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Speaking Topics

FOR HEALTHCARE PROFESSIONALS: Humor and Healing from the Patient's Perspective

Brenda gives an accredited talk on how humor can be used in the work experience as she relays personal stories. She will educate you on the various forms of humor and their practical uses on the job. Citing studies of the benefits of humor, and telling stories of examples in the workplace setting, she will keep you laughing and interested.

FOR WOMEN'S GROUPS, CANCER SURVIVOR EVENTS, CHURCH GROUPS AND COMMUNITY EVENTS: Looking for Inspiration and Motivation?

A Funny Thing Happened On the Way to My Crisis

Brenda covers a lot of ground in a short time as she relays her personal story that connects to the common thread in all of us. She'll amaze you with her ability to find the silver lining amongst pain and sorrow and she talks about how to turn it around into creativity and humor. With all the belly laughs Brenda brings out, your audience will leave feeling great.

Speaking Topics



**Interfaith/Intercultural issues:
You Say Potato and I say Potahto**
Communications styles are different between men and women, but throw in two different countries and two different religions along with two different educational backgrounds and it's great fodder for day-to-day living. This presentation is delivered by Brenda and her husband Bahgat Elsagher. Their stories will entertain you as well as educate you.

Clients

- M.D. Anderson Cancer Center
- North Dakota Society of Radiologic Technologists
- Upson Regional Medical Center, GA
- Pacific Coast Region, CA WOCN
- Fairmont Medical Center, MN
- Wright & Filipas, MI
- Fairview Range Regional Health Services
- NorthEast Regional, PA WOCN
- Cancer Treatment Center, IN
- GYGIG, Get Your Guts in Gear, WA
- World Ostomy Day, Boston, MA
- Women in Agriculture, ND
- Rocky Mountain Region WOCN, NM
- Mid Atlantic Region, WOCN, MD
- Fort Worth Texas, WOCN
- Minnesota Nurses Association

Clients

- Abbott Northwestern Hospital
- Minnesota Homecare Association
- American Association of Critical Care Nurses
- Hollister Incorporated
- Allina Health System
- Fairview Health Services
- Mayo Healthcare Systems
- Ridgeview Medical Center
- Hennepin County Community Health Dept.
- Elmbrook Memorial Hospital Foundation, WI
- United Ostomy Association, National and Regional Conferences
- Knights of Columbus Convention
- American Business Women's Association
- Minnesota Ovarian Cancer Alliance
- Many Churches of all Denominations
- League of Catholic Women
- Metro Oncology Nurses
- Women's Council
- Lion's Club
- Catholic Charities
- Mankato State University Conference
- Century College
- Pathways Crisis Resource Center
- Lioness Midwest Convention
- Woman's Club of Minneapolis
- Alpha Delta Kappa, Gamma Chapter
- North Memorial Hospital
- American Cancer Society
- St. Francis Hospital
- Quicksilver Couriers
- Quello Clinic
- University of Minnesota Hospital Laboratories
- Arc Suburban Fundraiser
- Burnett Realty
- Womankind Volunteers
- Fairview Hospitals Auxiliary
- Minnesota Department of Health
- Hennepin County Department of Health
- Archdiocese of St. Paul
- Women's Cancer Resource Center
- Byram Healthcare
- Lakeview Hospice
- Multiple Sclerosis Society Nurse Event
- Multiple Sclerosis Society Women's Conference
- Growing through Loss Program
- UOAA of Eau Claire, Wisconsin
- Kaiser Permanente, Fontana, CA





"You did an excellent job and I have always appreciated humor as a patient myself. I always remember when dealing with patients that the cost of a smile is \$.0 but the effect it has on your patient could be priceless! Thank you for sharing your story and taking the time to come and speak to our group."

"Humor is always a good stress reliever. Brenda presented very well. A joy to listen to."

"As a health care worker who tends to enjoy using humor in the workplace, it was refreshing to hear that it makes a positive difference in patient care. Great presentation!"

"Wonderful speaker, very humorous! It's nice to hear somebody be so positive and find humor in something so serious and life threatening."

"Wonderful job. I needed a good laugh tonight. She makes being a nurse worth it!"

"Great speaker. Let's get more from the patient's perspective."



Website:
www.livingandlaughing.com

Brenda Elsagher



"Brenda has the ability to make me laugh one minute and cry the next. Her message is poignant, fun and hopeful."

Bringing Joy Through the Journey
Keynote Speaking with Humor

Brenda ELSAGHER

Brenda Elsagher, national speaker, comedian and author, brings a joyful message in the face of adversity. Brenda was diagnosed with colorectal cancer at the age of 39 and underwent extensive surgery where she admits her *“plumbing was rearranged.”*

Confronted with months of recuperation, she recorded true, humorous stories she has weaved into a comedy routine and a book about cancer entitled, *If the Battle is Over, Why am I Still in Uniform?* Her anecdotes also include vignettes from her inter-cultural, inter-faith marriage and everyday life with two teens.

Brenda's second book, *I'd Like to Buy a Bowel Please!* is a compilation of over eighty stories submitted by people in the healthcare field, family members or people living with ostomies. With her humor interspersed throughout the book, she's requested the contributors to share their humor in their common experience as a way to cope.

Brenda has spoken on a variety of topics including leadership, diversity, blending cultures and faith, self image, goal setting, humor and healing. Brenda and her husband Bahgat, live in Burnsville, Minnesota with their two children.

Rave Reviews

“Brenda was an excellent choice as the keynote speaker at our radiology conference. She reminded us of how humor and an upbeat attitude in our daily jobs really can have a positive effect on the patients.” -- **Sue Marchell, Lisa Bohm, North Dakota Society of Radiologic Technologists**

“Brenda Elsagher is a rare find...funny, engaging, disarming, inspiring, full of joy that is contagious!” -- **San Short, Upson Regional Medical Center, Thomaston, GA**

“Thank you for presenting at the Fairmont Medical Center Women's Seminar. I am grateful for the education, laughter and hope you shared with us. I admire your keen sense of humor in the face of brutal reality.” -- **Barbara Allen, M.D., President/CEO**

“You are a wonderful and a great inspiration to cancer survivors and survivors of life in general. It was a pleasure working with you.” -- **Tammy Connors, American Cancer Society, Pennsylvania Division**

“Thank you for your energizing message with its universal appeal. Your story of setting personal goals and sticking to them through the face of adversity was inspiring. Your comments on leadership were valuable and I received unsolicited positive feedback for days” -- **Sue Zuidema, Community Health Department**

“I had the privilege of hearing you speak at the Blue Mound Country Club for the Elmbrook Hospital Foundation in Wisconsin. You were fantastic!” -- **Marlene**

“Your entertainment played a major part in the success of this year's award banquet. The evalu-

ations showed you were better than the social hour!” -- **Barbara Miller, Fourth District Nurses**

“Everyone talked about how your presentation touched their hearts.” -- **Pat Collins, New Mexico WOCN**

“The votes are in and it's unanimous, ‘You were terrific!’ Thanks for sharing your experiences and entertaining us at our Survivor's Day event. You are a hero to many cancer survivors and it was a pleasure working with you” -- **Jan Sullivan, Cancer Health Treatment Centers, P.C., Merrillville, Indiana**

“If The Battle Is Over Why Am I Still In Uniform?” is filled with wit, wisdom, and the stark realities of cancer. I laughed often and my eyes misted more than once. It is a well-written book of one woman's cancer reality. It is also the story of that woman's determination to grow old with her husband and meet her grandchildren.” -- **From the “Armchair Interviews” review by Andrea Sisco.**

What a delight to read your book. You have a splendid sense of humor. I love your military quotes. After all, humor is a far better tool to teach than lecturing. -- **Henry Buchwald, MD, Phd Professor of Surgery and Biomedical Engineering, University of Minnesota**

“After reading your book, *I'd Like to Buy a Bowel Please!* I feel as I know you. Your book made me laugh and realize that there are a lot of people coping with daily issues greater than mine. Thanks again for sharing real life events and thoughts with people who want to know more about life after ostomy.” -- **James C.**