



Donna Vessey ~The Gala Guru

Creativity - Embrace the Adventure

Drawing from decades of experience in the creative arts, Donna Vessey delivers compelling presentations that reveal the transformative power of creativity. She illuminates how artistic expression becomes a gateway to maintaining cognitive health, deeper social connections, and renewed purpose.

Key Takeaways

- Discover practical techniques to integrate creativity into daily routines
- Learn how artistic expression combats isolation and builds community
- Understand the science behind creativity's impact on mental health
- Explore ways to find renewed purpose through creative endeavors
- Master strategies for transforming age-related challenges into opportunities for growth

Perfect for:

Healthcare conferences and symposiums - Healthcare professional development

Senior living communities and care facilities - Retirement planning workshops

Community centers and senior programs - Wellness and aging conferences

Now the creative force behind the hilarious blog; "*Dear Gala Guru*", Donna offers dynamic presentations that help organizations tap into their creative potential with flair and real-world wisdom. She is the former host of the adventure TV show "Hittin' the Road" for Rocky Mountain PBS and has a rich background as an international event planner, organizing over 3000 events. Additionally, she has had a successful career as an actress, appearing in over 100 television commercials and over 600 theatrical performances. Donna studied at the prestigious *The Second City* in Chicago and is the author of the hysterical book "*Adventures of a Gala Guru*".

Book Donna as your next Keynote Speaker
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