

FSU Welcomes Motivational Speaker and Comedian Matt Bellace

Written by FSU News Service
Sunday, 19 September 2010 21:09 -

Comedian and youth motivational speaker Matt Bellace will present "How to Get High Naturally" at Frostburg State University on Tuesday, Sept. 21, at 3:30 and 7 p.m. in the Performing Arts Center Pealer Recital Hall. The event is being sponsored by the S.A.F.E. office and the BURG Peer Education Network, and both shows are free and open to the public.

Bellace has been a comedian and youth motivational speaker since 1995, and has a Ph.D. in neuropsychology from Drexel University. He is a member of the National Speakers Association and regularly performs in comedy clubs in New York City. Bellace has been involved in youth drug- and alcohol-prevention efforts since high school, and founded C.A.L.V.I.N. & H.O.B.B.E.S. [Creating A Lively Valuable Ingenious New Habit Of Being (at) Bucknell & Enjoying Sobriety] in 1993.

Bellace's "How to Get High Naturally" program encourages students to pursue natural highs and make healthy choices through a combination of comedy and motivational messages. Bellace presents a message of empowerment, inspiring students to become leaders in their lives and make changes in their environment. He uses the acronym L.E.A.D. to help students take away the main points of his presentation: Lean on healthy people for support, Express yourself in a healthy way, Achieve natural highs and Don't be afraid to take a stand.

For more information, contact the S.A.F.E. office at 301-687-7955. Learn more about Bellace at www.mattbellace.com.

FSU is committed to making all of its programs, services and activities accessible to persons with disabilities. To request accommodations through the ADA Compliance Office, call 301-687-4102 or use a Voice Relay Operator at 1-800-735-2258.