



## **ActYourAge!** written & performed by **Beth Urech**

Following successful runs in Chicago, NYC, Aspen, DC, and Ireland, Beth is searching for audiences who want to laugh and be buoyed up to live with gusto.

Looking for a hilarious and inspiring show? At 55 minutes, **ActYourAge!** is ideal for late morning, lunch or evening entertainment and is suitable for all ages!

*Beth is a warm and dynamic performer who invites you into her life with wisdom and ease. You will fall in love with the world as Beth sees it.*

- Andy Eninger, The Second City, Chicago 2013

*As the program coordinator at Pitkin County Senior Services, I have never seen so many seniors pay attention for 55 minutes like they did for Beth!*

- Mary Barbour, Program Coordinator, Aspen CO, Feb 2014



Quick peak: [http://youtu.be/bMCcvOi\\_gN8](http://youtu.be/bMCcvOi_gN8)

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