

FOR IMMEDIATE RELEASE

Loretta LaRoche Returns in *Life is Not a Stress Rehearsal* at The Hanover Theatre on October 19

Worcester, MA (September 17, 2013)— Stop the insanity, kick back and have some fun with Loretta LaRoche as she performs her show called, *LIFE IS NOT A STRESS REHEARSAL*, at The Hanover Theatre for the Performing Arts in Worcester on Saturday, October 19 at 8PM. Tickets are on sale now.

For one night, let go of the stress and the things beyond our control and let Loretta LaRoche make you laugh and contemplate all the good in your life. Our lives are teeming with stress, obligations, work and keeping up, is this really how we want to live? Join your fellow citizens for a night of hilarity and reprieve from the absurdity that has become the “American Way” and discover that laughter is truly the best medicine.

Loretta LaRoche, international speaker, author, stress management, and humor consultant, will entertain the crowd at The Hanover Theatre as she evokes feelings that bear real meaning to our lives. Through the show, she will have the audience reflect upon their lives, highlighting that we should all focus less on doing and more on being.

Tickets to LORETTA LAROCHE: *LIFE IS NOT A STRESS REHEARSAL* are \$25, \$35 and \$45*, with a 10% discount available to members of The Hanover Theatre, groups of 10 or more, corporate partners, kids, students, and WOO Card holders. Tickets are available online at TheHanoverTheatre.org, by phone at 877.571.SHOW (7469) or at The Hanover Theatre box office located at 2 Southbridge Street in downtown Worcester.

About Loretta LaRoche

Loretta LaRoche, has authored eight books, is on the Massachusetts General Hospital advisory council for anxiety and depression and writes a weekly nationally syndicated newspaper column titled, “Get a Life”. She has also shared the stage with notable speakers such as former president Bill Clinton, Anthony Robbins, Suze Orman and Ellen DeGeneres to name a few. To learn more about Loretta LaRoche, please visit www.lorettalaroche.com.

About The Hanover Theatre

The Hanover Theatre for the Performing Arts, located in downtown Worcester, New England’s second largest city, is recognized by Pollstar as one of the Top 50 Theatres in the World. After undergoing many name changes and renovations over the decades since its 1926 birth, The Hanover Theatre reopened in March 2008 following a \$32 million historic restoration. Since then, the theatre has established its place as a rich entertainment and cultural venue, winning numerous awards, including The National Trust for Historic Preservation Award in 2010. Now in its sixth season, The Hanover Theatre continues to expose over 170,000 annual patrons to world-class entertainment in the form of Broadway, concerts, comedians and much more. For more information, visit TheHanoverTheatre.org. Worcester Center for the Performing Arts, a registered not-for-profit 501(c)(3) organization, owns and operates The Hanover Theatre for the Performing Arts. All donations are tax deductible to the fullest extent allowed by law.

*Ticket prices are subject to change without notice.