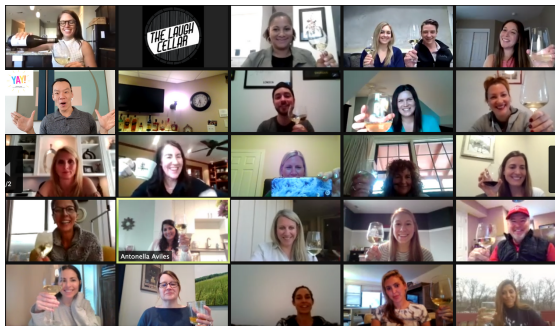


# AIDAN PARK THE ART OF BEING YAY!

The brand that brings you funny with a twist of empowerment.  
Your guide to yay-ful living.



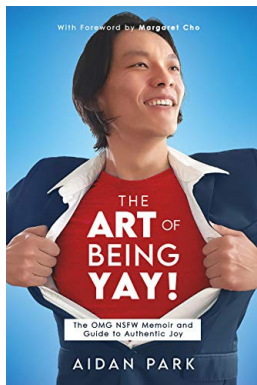
## • Live or Virtual 60-minute Comedy Special



Aidan takes his stand-up comedy act to the next level in *The Art of Being Yay Experience!*

The show invites the audience into the juicy details of his personal life. It begins with his childhood in Korea, his HIV diagnosis at age 19 and ends with the loss of his husband Michael to cancer in 2018. Through his personal anecdotes he carefully applies empowering thought tools and principles for emotional wellness, laughter included!

"I recommend Aidan's Art of Being Yay to anyone who needs a hug, an emotional boost or a roaring good time." Margaret Cho, Comedian



## • A Bestselling Book

In *The Art of Being YAY!* Aidan tells juicy anecdotes from his life that out drama a Lifetime Channel movie. Through his stories he applies empowering thought tools and principles for emotional wellness. Aidan was born in South Korea to a single mother and a father with a secret, second family. His life started out resembling a sordid soap opera. It didn't get any less dramatic. When he was nine he fled to the United States with his mother. He was thrust into a foreign culture with no real support. You'll have to read the book for more hilarious anecdotes and tools for joy!



Foreword by Margaret Cho

## • 8-Week Empowerment Seminars With Customizable Wellness Curriculum

Due to the book's success during Covid, the brand has empowered these communities with laughter and wellness via virtual seminars, complete with original wellness curriculum.

"Honest, bold, side-splitting laughs!"

Laura Newton, American Cancer Society



Special Olympics  
Southern California



Aidan lends his acting and producing talents to create content that is funny but also empowering and hopeful. His acting credits include: Over 30 theatre productions, including American Conservatory Theatre and American Musical Theatre. 30+ national commercials under his belt, and he performs stand-up comedy at the most respected comedy clubs in the country.

### The brand also offers:

- Weekly "Feel Better Newsletter"
- Weekly Wellness Video Blog
- Guest Bloggers
- YAY Funnies!

"Aidan has a gift for making real life seem not only bearable but hilarious."

Michelle Neff Hernandez, Founder/Executive Director, Soaring Spirits International

Online @aidanparkshow

TheArtOfBeingYay.com