

Yes... Carolyn's Programs are on Video Now!!!

It's Time to Experience
Something Contagious
in a **GOOD** Way!!!

And You can get ALL 4
of Her Programs in THIS
Introductory Offer for just

\$50 (Rest of 2022)

(Includes 5 Zoom Sessions—ONLY for
Individuals purchasing, NOT Companies)

*Prefer a Downloadable Format?
We have that too!*

Now You or Your Group
Can do Carolyn's FUN,
Laughter Fitness Programs
At Home or on Location

**Laugh
YOURSELF
Healthier** ©

Let Laughter Help YOUR Heart & Lungs Grow Stronger!
LAUGH YOURSELF HEALTHIER.COM



Included: 2 - 30 Minute, 45 Minute & 60 Minute Programs

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FUN!!!!!

Warm Up Songs the Laughter Way
Laughter Greetings
Releasing Laughter Exercises
Aerobic Laughter Exercises
Laughter Animal Exercises
Laughter Chicken / Bird Dance
Brain Balancing Exercises
Grounding Exercises
AMAZINGS (Life / YOU / WE / I AM)

**Laugh
YOURSELF**



Life gets busy
so having all
4 of these FUN
Fitness Programs
to fit into your
time and energy
schedule is the
BEST way to go.



Included are **5 FREE sessions** on any of
Carolyn's ZOOM Scheduled Sessions!!!
Always AMAZING!!! (Extra Value \$20)

Once payment has gone through you will
be sent the Zoom Session Info.
Join in when you can.

**Orders Yours Today by Going to LaughYourselfHealthier.com
Or Send Name, Email, Mailing Address & e-transfer to Laughyourselfhealthier@gmail.com**