

**JOIN OUR
LAUGH
YOURSELF
HEALTHIER
CLUB!**



**FUN!!!
SEATED**

**Exercise
Program
that WILL
Improve Your
Heart, Lungs
& State of Mind
ALL Welcome!!!
Register Or Drop In**

**Carolyn Shannon
Laugh YOURSELF Healthier.com
laughyourselfhealthier@gmail.com**

Date & Time:

**FRIDAYS @ 2:00 pm
March 16—June 8**

Location:

**NOTL Community Centre
14 Anderson Lane, Virgil, ON**

Admission to Attend:

**\$10.00 per session
OR \$20 for 5 sessions**

Register:

**www.LaughYourselfHealthier.com
Or Drop In & Pay Instructor (Cash / CC)
Followed by Labyrinth Walk (if avail)**

CREATED For SENIORS

**Bring a Bottle of Water (optional)
Funny Hats / Glasses, Wheelchairs
& Walkers Welcomed**