

**JOIN OUR
LAUGH
YOURSELF
HEALTHIER
SESSION!**



**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
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Date & Time:

**AUGUST 13 , 2018
6:30—7:30 pm**

Location:

**Quinte West Public Library
7 Creswell Drive
Trenton, ON**

Admission to Attend:

\$10.00

**OR... Bring a Friend!
2 People for \$15.00**

Register:

**www.LaughYourselfHealthier.com
Or Drop In & Pay Instructor (Cash / CC)
Bring a Bottle of Water (optional)
Funny Hats / Glasses, Wheelchairs
& Walkers Welcomed**