

LAUGHTER
IS AN
INSTANT
VACATION!



JOIN
OUR
LAUGHTER
CLUB!
@ NOTL
COMMUNITY
CENTRE

Our **Laugh YOURSELF Healthy**

Niagara Club involves Laughing, Cheering, Improvisational Childlike "Simon Says" Movements that get your heart pumping, extra oxygen to your brain and increase YOUR "happiness" endorphins.

Tune into the Frequency of Your Own Laughter & Recapture the **JOY** of Spontaneous Laughter!

Why?

It's been scientifically proven that the brain can't tell the difference between Fake & Real Laughter so it is okay to fake it until it becomes real. Trust us...that won't take long!

Call 905-371-3818 / Register laughyourselfhealthy@gmail.com
<http://www.laughyourselfhealthyniagara.com>

Stand Up Laughter Sessions

Tuesdays 10:30 - 11:15am
Penner Room (Behind Office)

Bring fun gear if you have it!
(hats, glasses, anything fun!)

\$10 per session
\$20. for 4 sessions

First Session \$5.00
Arrive 5-10 minutes early
to sign in

Seated Laughter Sessions

Tuesdays 11:15 - 12:00pm
Penner Room (Behind Office)

Bring fun gear if you have it!
(hats, glasses, anything fun!)

\$10 per session
\$20. for 4 sessions

First Session \$5.00
Arrive 5-10 minutes early
to sign in

Monthly Evening Laughter Sessions

3rd Wednesday of Each Month 7:00pm Penner Room (Behind Office)

Bring fun gear if you have it! (hats, glasses, anything fun!)

\$10. per session / \$20. for 4 Sessions FIRST Session \$5.00

Arrive 5-15 minutes early to sign in

NO YOGA POSES!!! JUST YOGA BREATHING...SO WE SIT OR STAND FOR EACH SESSION.

**ALL YOU NEED IS A BOTTLE OF WATER, NOT TOO FULL TUMMY AND...
A WILLINGNESS TO LAUGH FOR NO REASON**