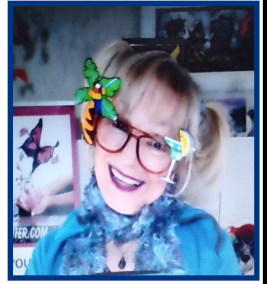




Start / End Your Week with **FUN** Movement

YES! YOU CAN Laugh Yourself Healthier

1st Timer Joining in with Carolyn? [View this Video Before You Start](#)



15 MINUTE ZOOM GROUP SESSIONS

10 AM SATURDAYS

30 MINUTE ZOOM GROUP SESSIONS

11 AM MONDAYS / FRIDAYS / SATURDAYS

7 PM MONDAYS when posted/requested

YES!

You can do in PJs, and even in Wheelchairs

You can invite a Friend to Join with You in same room!

You can do seated or standing with a chair in front of you.

It only takes 3 sessions to become an expert with this program

YOU WILL FEEL AMAZING WHEN DONE!

FIRST 3 SESSIONS FREE THEN ONLY \$20 FOR 5 SESSIONS

OR FOR FREQUENT LAUGHERS \$20 / MONTH UNLIMITED

(TO COVER CAROLYN'S ANNUAL COST FOR ZOOM PROGRAM)



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)

NOTE: LAUGHING, & BREATHING MAIN FOCUS. MOVEMENT'S BONUS ONLY DO WHAT PHYSICALLY CAN.

EMAIL: Laughyourselfhealthier@gmail.com **DAY BEFORE** for Zoom Log In Info via email / text whichever prefer.

ALL SESSIONS START ON TIME. JOIN 5 MIN EARLY ... 10 MIN IF NEW TO PROGRAM

ALL ZOOM VIDEO SESSIONS USE SAME ZOOM ID & PASSCODE.