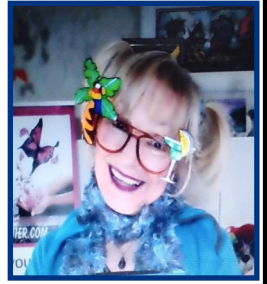




Start / End Your Week with **FUN** Movement

**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 / SATURDAYS**

**2 PM MONDAYS**

**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)*

**Laugh  
YOURSELF  
Healthier**



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

**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](mailto: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.**