

# Yes... Carolyn's Programs are on Video Now!!!

It's Time to Experience  
Something Contagious  
in a **GOOD** Way!!!

And You can get ALL 4  
of Her Programs in THIS  
Introductory Offer for just  
**\$50** (Rest of 2022)  
(Includes 1 45 Min Zoom Group Session)

*Prefer a Downloadable Format?  
We have that too!*

Now You or Your Group  
Can do Carolyn's FUN,  
Laughter Fitness Programs  
At Home or on Location

**Laugh  
YOURSELF  
Healthier**©

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



Included: 2 - 30 Minute, 45 Minute & 60 Minute Programs



**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)

**Laugh  
YOURSELF**



Life gets busy  
so having all  
4 of these FUN  
Fitness Programs  
to fit into your  
time and energy  
schedule is the  
BEST way to go.



Included is 1 **FREE 45 Minute Session**  
**ZOOM Group Session!!!**  
Always **AMAZING!!!**

Once payment has gone through you will  
be sent the Zoom Info to Join in when you  
can. Good Introduction for Your Group.

**Orders Yours Today by Going to [LaughYourselfHealthier.com](http://LaughYourselfHealthier.com)**  
**Or Send Name, Email, Mailing Address & e-transfer to [Laughyourselfhealthier@gmail.com](mailto:Laughyourselfhealthier@gmail.com)**