

# 3 Ways to Start or End Your Week with FUN Fitness

## YES! YOU CAN Laugh Yourself Healthier

First Time Joining Video or in Person Session? [View this Video Before You Start](#)

\*\*\* BGSCWW Phone In Sessions Mon, Fri & Sat 10:00am

For Security reasons... Check with Your SCWW Organizer or Calendar for ID & Passcode

DAY	10:00 AM <b>NEW!!!</b>	11:00 AM	12:00PM <b>NEW!!!</b>	1:00 PM	2:00 PM <b>Incl. Lymph</b>	7:00PM
<b>MON</b>	30 Min PHONE IN 1-647-374-4685 Free with Canada Long Distance	30 Min In Person On Zoom Group Session	30 Min With Carolyn's Video Session	30 Min In Person On Zoom Group Session	60 Min With Stretches & Lymph Drainage Session	30 Min In Person On Zoom Group Session
<b>FRI</b>	30 Min PHONE IN 1-647-374-4685 Free with Canada Long Distance	30 Min In Person On Zoom Group Session	30 Min With Carolyn's Video Session	30 Min In Person On Zoom Group Session	60 Min With Stretches & Lymph Drainage Session	<b>YES!</b> You can do in Pjs, and in Wheelchairs
<b>SAT</b>	30 Min PHONE IN 1-647-374-4685 Free with Canada Long Distance	30 Min In Person On Zoom Group Session	30 Min With Carolyn's Video Session	<b>YES! YOU WILL FEEL AMAZING WHEN DONE</b>	<b>YES!</b> You can turn off your video during sessions	<b>YES!</b> You can invite a Friend to Join with You!

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

**ALL ZOOM VIDEO / PHONE SESSIONS USE SAME ZOOM ID & PASSCODE. (ONLY SHARED WITH PARTICIPANTS)**

**EMAIL:** [Laughyourselfhealthier@gmail.com](mailto:Laughyourselfhealthier@gmail.com) for Zoom Info. Will be sent via email / text whichever you ask for.

**ALL THESE FREE TO YOU SESSIONS START ON TIME. JOIN 5 MIN EARLY ... 10 MIN IF NEW TO PROGRAMS**