


Start or End Your Week with **FUN Seated** Movement

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 10:00am**

Dial 1-866-261-6767 Listen for Voice then... Input ID 7722700 # (On Vesta NOW)

DAY	10:00 AM	11:00 AM		1:00 PM	2:00 PM	7:00PM
MON	30 Min PHONE IN START DAY GROUNDED & HAPPIER	30 Min In Person On Zoom Group Session		30 Min In Person On Zoom Group Session	30 Min Lymph Drainage Session	30 Min In Person On Zoom Group Session
FRI	30 Min PHONE IN START DAY GROUNDED & HAPPIER	30 Min In Person On Zoom Group Session		No Sessions Until Jan 2025	No Sessions Until Jan 2025	YES! You can do in Pjs, and in Wheelchairs
SAT	NEW!!! 20 Min Zoom Love & Laughter	30 Min In Person On Zoom Group Session		YES! <u>YOU WILL</u> <u>FEEL</u> <u>AMAZING</u> WHEN DONE	YES! You can turn off your video during Zoom sessions	YES! 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 SESSIONS USE SAME ZOOM ID & PASSCODE.

EMAIL: 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