

JOIN OUR
LAUGH
YOURSELF
HEALTHIER
ZOOM CLUB!



**FUN!!!
SEATED**

(Or Standing)
FITNESS Program
that WILL

**Improve Your
Heart, Lungs**

&

State of Mind!!!

Bring a beverage & come as You are!

REGISTER DAY BEFORE 1st time

To Receive Log in to Join In on Zoom

REGISTER TODAY!

By Going to...

LaughYOURSELFHealthier.com

Dates & Times:

60 Min FULL Program:

(Includes Laughing Lymph Drainage)

**Mondays & Saturdays
@11 AM**

30 Min Intro/Ltd Time Program:

**Mondays @7 PM
Fridays @11 AM & 1 PM**

Location: **Zoom Online**

Fee: (1st one free) **\$20.00**

(Includes **5 sessions** you can use for any of
the dates and times above)

Funny Hats / Glasses (Optional)
Yes! You can do in a Wheelchair!

YOU MUST REGISTER

Day ahead of 1st Session
to get Zoom join invite in time

*(NOT recommended for those with MS)
due to quickness of movements)*