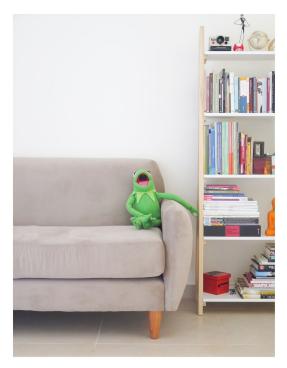
## Virtual Laughter Wellness Workshop

## Facilitated by Terri Weeding, Certified Laughter Yoga Leader



STRESS, Loneliness, Fear, Boredom, Anger,
Anxiety, Hopelessness, Irritability, Indolence,
Burnout, Inertia, Isolation, Disconnect, Apathy,
Body Aches, Loss of Appetite, Excessive
Appetite, Headaches, etc, etc, etc.

No, this is not a list of side effects from a prescription drug commercial! Rather, these are commonly reported symptoms from **people** isolated at home during the 2020/21 COVID Pandemic.

While we can't control the world, we can take control of our own wellness in a fun, healthy manner!

## In this Virtual Laughter Wellness Workshop you will:

**LEARN** about the many scientifically proven health benefits of laughter for individuals and teams including: higher energy levels, stress, anxiety, and pain relief, improved mind/body resilience, enhanced positivity and performance, stronger team connections, and much more.

**DISCOVER** The Laughter Yoga phenomenon and the MD who started it. Laughter Yoga has been featured on CNN, Oprah, Discovery Channel, The Doctors, TED Talks, and more.

**PARTICIPATE** in playful laughter exercises and breathing techniques from the comfort of your computer chair. No yoga contortions required! Appropriate for older adults and people with disabilities.

Contact Terri <u>here</u> to schedule a virtual Laughter Wellness Workshop today. Workshops are customizable in format and length (30-60 minutes).