

Laugh as you have never laughed before!
Feel refreshed, invigorated & relaxed.

Learn to LAUGH (more)

Adults of all ages (men & women) welcome.

Release your inner child & learn to laugh for no reason at all.

FREE! 😊 drop-in 😊 no experience required 😊 non-competitive



www.InvokeLaughter.com

Laughter:

- * reduces stress
- * releases emotional tension
- * promotes a sense of well-being
- * prevents "hardening of the attitudes"
- * increases self-confidence & optimism
- * strengthens the immune system
- * releases endorphins
- * reduces loneliness

Your Comox Valley Laughter Leader: Akiko Shima 250-339-2195

Laughter Gatherings:

Every Saturday (starting January 9th, 2010) 2:00-3:00pm

Women's Centre, #1 - 1491 McPhee Av, Courtenay