

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.

drop-in 😊 by donation 😊 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 Leaders:

Akiko Shima 250-339-2195 and Alan Pattinson 250-339-2687

Laughter Gatherings:

Every Saturday at 1:30pm (starting September 24th, 2011)
Zen Zero, 470B 5th St, Courtenay (corner of 5th & England)