

# ADD A LITTLE LAUGHTER TO YOUR LIFE!

## IMPROVING HAPPINESS, HEALTH AND COPING STRATEGIES

Through a series of gentle exercises and games, we will take a deeper look at laughter and playfulness. Topics for exploring include when and why we laugh, the meaning and physiology of laughter, and some ideas for coping strategies to help us deal with life's challenges.

**DATE: TUESDAY 22ND  
MARCH 2022 VIA ZOOM**

**TIMES: 6PM-7PM AND  
7:30PM-8:30PM**

AT THE START OF THE SESSION WE WILL LET OUR MIND TAKE A 20 MINUTE HOLIDAY. THROUGH A SERIES OF GENTLE EXERCISES, WE WILL USE OUR BREATH, PLAYFULNESS AND LAUGHTER TO BRING US INTO THE PRESENT MOMENT. HOWEVER BUSY WE ARE, WE ALL SOMETIMES NEED A WAY TO TAKE A STEP BACK, AND LAUGHTER IS ONE DYNAMIC, POWERFUL WAY TO DO THIS.



**TRAINER:  
ROBIN GRAHAM**

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