

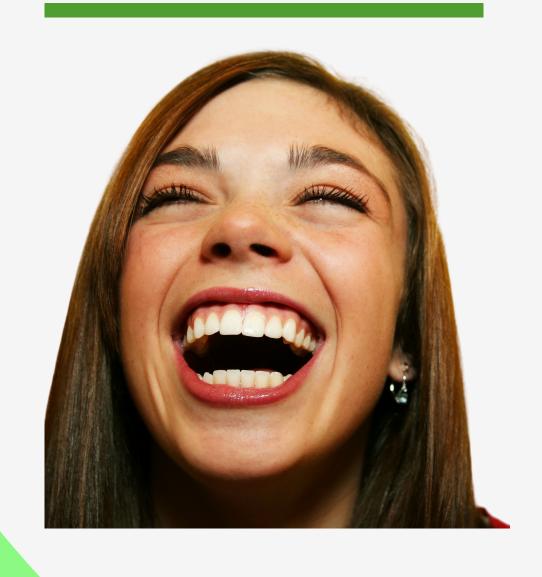
ADD A LITTLE LAUGHTER TO YOUR LIFE!



IMPROVING HAPPINESS, HEALTH AND COPING STRATEGIES

TRAINER: ROBIN GRAHAM

FEEL GOOD
COMMUNITIES
CIC



Welcome to a gentle hour of exploring and understanding laughter. Through our activities we will remind ourselves what laughter means, why we laugh, and how we can use this knowledge in our lives.

DATE: MONDAY 27TH FEBRUARY 2023 (ONLINE)

TIME: 5PM-6PM

FREE FOR MEMBERS OF A
NORTHAMPTONSHIRE BASED BRANCH

FOR THE FIRST FEW MINUTES
WE WANT TO OBSERVE FOR
OURSELVES HOW LAUGHTER
MAKES US FEEL THROUGH
SOME ACTIVITES. WE WILL
THEN HAVE SOME
EXPLANATIONS AND EXPLORE
HOW WE CAN USE LAUGHTER
TO HELP US WITH LIFE AND ITS
CHALLENGES

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