

UNISON
East Midlands



UNISON
Northants
Learning

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 ACTIVITIES. WE WILL
THEN HAVE SOME
EXPLANATIONS AND EXPLORE
HOW WE CAN USE LAUGHTER
TO HELP US WITH LIFE AND ITS
CHALLENGES**

To apply visit:

<https://eastmidlands.unison.org.uk/northantslearning>

