

GLOBAL
BELLY LAUGH DAY
JANUARY 24

**Tuesday, January 24
10 – 11am at the Clubhouse
LAUGH for the
HEALTH of It!**

It's easy – you literally just laugh. Come learn more about this fun exercise. No fitness level required. Men & Women are welcome.

**On Global Belly Laugh Day, we will be joined by
Marlene Chertok, RN, BSN**

Why is LAUGHTER the sweetest medicine for body & mind?

More than just brightening up your day, sharing a good laugh can actually improve your health. The sound of laughter draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter can reduce stress, anxiety, and depression, strengthen your immune system, and diminish pain. As children, we used to laugh hundreds of times a day, but as adults life tends to be more serious and laughter more infrequent. By seeking out more opportunities for humor and laughter, though, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life. Join us to learn more.

FREE!

Register at the Clubhouse or give us a call and we will add you to the list – 561-7895

To learn more about the benefits of laughter visit:

[Marlene's Website](#)

