

Join the Fun! Come Laugh With Us!

Two options - Phone or Zoom

Sarah Routman

Global Laughter Ambassador



An 11-year community tradition.

Free Weekly 15-Minute Laughter Calls
in 3 Easy Steps:

Mondays 10-10:15 am EST

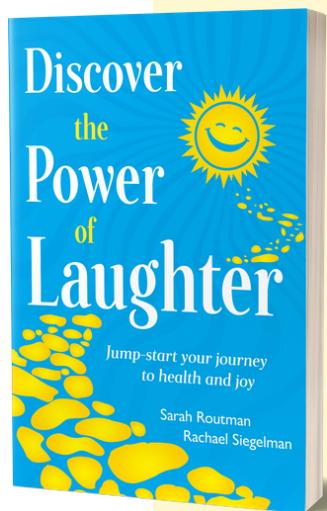
Step 1: **Call:** 218.339.2460

Step 2: **Enter Code:** LAUGH# (52844#)

Step 3: **LAUGH** and feel the energy all day!

Co-authors of

Discover the Power of Laughter:
Jump-start your journey to health and joy



Rachael Siegelman

Laughter Champion



A visual way to connect and play.

Join me for **Free Weekly** Laughter Sessions on **Zoom**

Tuesdays 10-10:15 am EST

[https://us04web.zoom.us/j/76468939356?
pwd=lfdb55z4xDraMVclYUD4yVSCUPnAoX.1](https://us04web.zoom.us/j/76468939356?pwd=lfdb55z4xDraMVclYUD4yVSCUPnAoX.1)

Meeting ID: 764 6893 9356 **Passcode:** connect

**Put us on
your
calendar**



Love to celebrate?

Let's celebrate YOU! **Join our Monthly Laughter Birthday Club and get a FREE gift!**

[Click here for
the Zoom Link](#)