

# Join the Fun! Come Laugh With Us!

Two options - Phone or Zoom



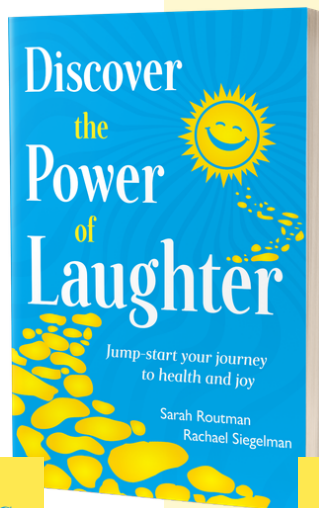
**Come Laugh with Me!**

An 11-year community tradition.

**Sarah Routman**

*Global Laughter Ambassador*

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



**Come Laugh with Me!**

A visual way to connect and play.

**Rachael Siegelman**

*Laughter Champion*

**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!

**Put us on  
your  
calendar**

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

**Tuesdays 10-10:15 am EST**

[https://us04web.zoom.us/j/76468939356?](https://us04web.zoom.us/j/76468939356?pwd=Ifdb55z4xDraMVclYUD4yVSCUPnAoX.1)  
[pwd=Ifdb55z4xDraMVclYUD4yVSCUPnAoX.1](https://us04web.zoom.us/j/76468939356?pwd=Ifdb55z4xDraMVclYUD4yVSCUPnAoX.1)

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

- 🌀 Experience how laughter, deep breathing, and playfulness can improve your overall well-being.
- 🌀 De-stress with laughter, have fun, and build connection.
- 🌀 Let **Monday mornings** be an uplifting start to your week!



- 🌀 Experience how laughter, deep breathing, and playfulness can improve your overall well-being.
- 🌀 De-stress with laughter, have fun, and build connection.
- 🌀 Let **Tuesday mornings** be a fun start to building your laughter habit!

**Love to  
Celebrate?**

**Join our Monthly Laughter Birthday  
Club and let us Celebrate YOU!**

**ATTEND THE LAUGHTER  
BIRTHDAY PARTY ZOOM**