

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

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

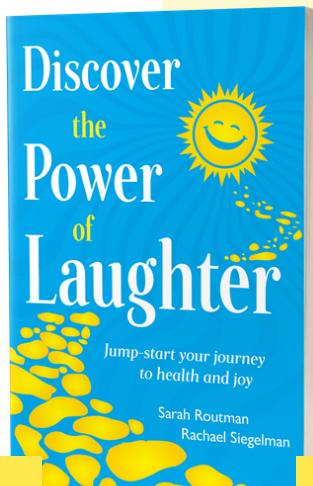
Mondays 10-10:15 am EST

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



Come Laugh with Me!

A visual way to connect and play.

Rachael Siegelman

Laughter Champion

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

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



**Put us on
your
calendar**

- ➊ Experience how laughter, deep breathing, and playfulness can improve your overall well-being.
- ➋ De-stress with laughter, have fun, and build connection.
- ➌ 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**