



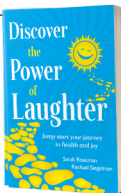
COME LAUGH WITH ME!

On Zoom

Isn't it time you started taking laughter seriously?

Meet Rachael Siegelman, The Laughter Champion and co-author of *Discover the Power of Laughter: Jumpstart your journey to health and joy*.

- 😄 *Experience how laughter, deep breathing, and playfulness can improve your overall well-being.*
- 😄 *Destress with laughter, have fun, and build connection.*
- 😄 *Let's start building your laughter together on Tuesdays.*



Join me for a *Free* Laughter Session
Tuesdays 10-10:15 am EST on Zoom

[https://us04web.zoom.us/j/76468939356?
pwd=Ikd55z4xDrMVciYUD4yVXDUPnAoX.1](https://us04web.zoom.us/j/76468939356?pwd=Ikd55z4xDrMVciYUD4yVXDUPnAoX.1)

Meeting ID: 764 6893 9356 Passcode: connect

