

LAUGH OUT LOUD!

Are you looking to invite more creativity and laughter into your life? Perhaps you have heard of Laughter Clubs and wondered what it was all about? Then come along to Clonbinane Hall on Saturday September 1st at 2 pm for a free laughter session, facilitated by Sophia from Craigieburn. The session will run for about 45 minutes, followed by a scrumptious afternoon tea. No previous experience necessary, just the ability to let your hair down a little and cultivate your “inner child.”

Did you know that the average child laughs up to 300 times a day, whereas adults laugh less than 20 times? Did you also know that the study of laughter is called Geletology? It is proven that endorphins are released when you laugh, these are nature's own built-in pain killers. Laughter boosts the number of antibody releasing cells in the body, and enhances the immune system. Laughter really is the best medicine!

Prior registration is important, so please contact Cathy 5787 1561 or email cathylew@bigpond.com, by August 26.