

Use your personal pharmacy— Let your “ha” out ...

Fit 4 Life

-LAUGHTER CLUB-



“Laughter- It does a body good”

Join thousands of others in global community who have discovered the benefits that laughing provides on the human condition. Derived from ancient wisdom and supported by modern science, research and case studies, therapeutic laughter reduces stress both at home and in the workplace. At work we know laughter fitness increases productivity, engagement, and staff retention while building morale and decreasing health claims. :

WELLNESS BENEFITS

De-Stresses * Aids healing * Helps in controlling pain *

Lowers blood pressure * Coping Skill * Generates joy & happiness

*** Reduces risk of heart attack, diabetes and depression & more ***

If you are in the Hudson/,WI / /Minneapolis area and looking for value-added workplace or Wellness programs, or just need to bring a laughter fitness session to your event, contact us.



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***Certified Laughter Leader with the World Laughter Tour
Dedicated to improving health, hope & humanity***