

Use your personal pharmacy: Let your “Ha-Ha” out ...

Fit 4 Life

-LAUGHTER CLUB-



Laughter really is the best medicine.*

Book a Laughter Session Today!

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, employee engagement, and staff retention while decreasing health claims.

WELLNESS BENEFITS

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

Lowers blood pressure * Coping Skill * Generates joy, happiness & hope

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

MAKING WORK FUN. If you need peak performers, to maximize attitudes, to build morale and organizational profits, let us train your people on humor skills development at your site with “Laugh for the Health of It— Humor is the new Career Skill.”

An Impactful Keynote for Conferences or Special events; add FLASH mini-laughter quickies to further ignite the learning fun.



Kinza Christenson, CLL
The Performance Pro
Morale Builder and Humorist
Keynotes * Training * Events
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Certified Laughter Leader with the World Laughter Tour
Dedicated to improving health, hope & humanity