

Wellness Works!

Monthly Speaker Series for Seniors

Tuesday, April 21, 2009
12 noon to 1:00 p.m.



LAUGHING
YOUR
STRESS
AWAY!

with
Certified Laughter Specialists
Paul Antokolsky
and
Leslie Ahern

District 5 Police Station
1708 Centre Street, West Roxbury
(at the Holy Name Rotary)

Laughter is a great stress reliever. Believe it or not, you can laugh, even when there is nothing to laugh at. The body does not need a reason in order to laugh. Laughter is a physical mechanism which can be started at will. Come and find out why they say Laughter is the Best Medicine!



For more information, please call Cathy Slade at 617-477-6616.