

Relationship Group

Sexual Health. Education. Community.

Laughter Yoga

Join us for a fun, light-hearted laughter yoga session! Laughter is a great way to boost your wellbeing and decrease stress.

Our guest speaker Cathy will lead us through an hour of smiles and laughter to teach us the benefits of daily laughter.

Adults 18+

PRESENTER:

- **Cathy Nesbitt** is a certified Laughter Yoga Leader, Teacher. Appointed Laughter Ambassador in 2017 by Dr. Madan Kataria (founder of Laughter Yoga)

Agenda: Presentation 4:00pm - 5:00pm, followed by 30 minutes of hanging out.



Come and join us

Thursday May 13 2021 | 4:00pm – 5:00pm

<https://us02web.zoom.us/j/87483332156?pwd=TFQxV2I2RWp3ZEpLZzc3cTI3OG-9MUT09>