



Feeling stressed? Feeling tired?

Want to feel healthier and happier?

Come laugh away those winter blues!

Laughter Club

Sundays once a month 11am-12 noon

15th January, 12th February, 11th March

The Healthy Life Centre, 35-37 Bread Street, Edinburgh EH3 9AL

Cost £5 (£4 concessions)

It is a scientific fact that the brain cannot tell the difference between fake laughter and real laughter - it produces exactly the same physiological benefits. Hearty laughter boosts your immune system, releases endorphins, raises your heart rate to boost circulation and oxygen uptake, and reduces stress and tension.

The session includes laughter exercises, deep breathing, laughter meditation, relaxation and tips on how to bring more laughter into your life with some simple practices.

You will leave looking and feeling younger!!!



😂 Laugh more - enjoy life more! 😂

To book a place phone The Healthy Life Centre on 0131 229 0724

Enquiries contact Jo Bluett 07929 897 460 or jo.bluett@laughternetwork.co.uk

