

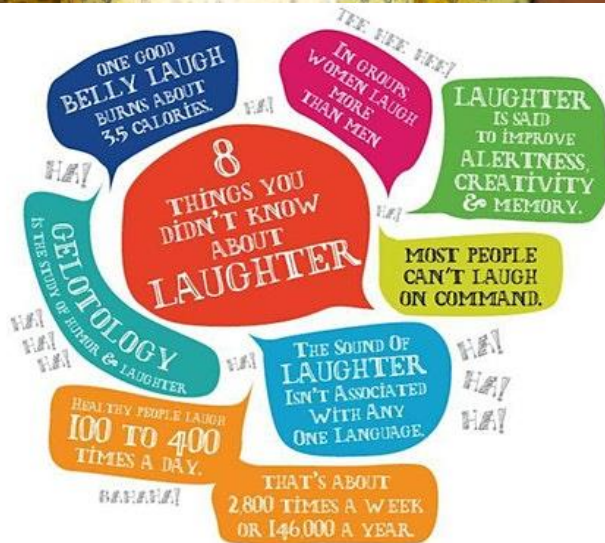


# Jumpstart your Joy!

## Wellness through Laughter

### Interactive Webinar

Wednesday, May 5, at 3 pm  
[Click to register](#)



Come to laugh, play, breathe and celebrate life in this Laughter Wellness session, presented by Beverly Burns, M. Ed., Certified Laughter Yoga Teacher.

Laughter Wellness is a method designed to create positive energy and unlock the many benefits of laughter. It is a playful and mindful experience in which we will choose to laugh because we can (without jokes or humor involved). Laughter Yoga incorporates laughter exercises with pranayama (yogic breathing) to teach you how to “laugh for no reason.”



[rwjbh.org/hopeandhealing](http://rwjbh.org/hopeandhealing)

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