



# Ferntree Gully Laughter Club

Is life getting you down?  
Are you feeling sad or depressed?  
Is life stressing you out?  
Could you do with a good belly laugh?

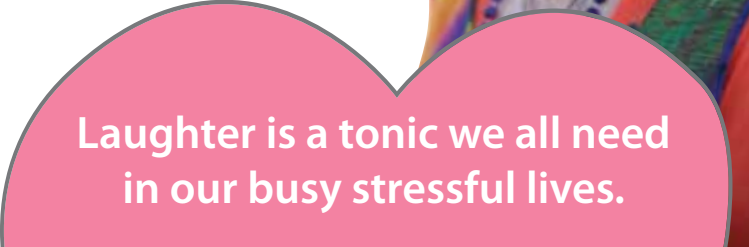
Why not come along to the  
**Free Ferntree Gully  
Laughter Club**  
for some fun and a good laugh?

## Why Laughter?

- ♥ Improves health
- ♥ Feel energised
- ♥ Better communication
- ♥ Reduce stress
- ♥ Mental alertness
- ♥ Feelings of contentment
- ♥ Pain relief
- ♥ Increased mobility
- ♥ Inspired and creative
- ♥ Feel motivated
- ♥ Better relationships
- ♥ Acceptance of situation
- ♥ Fun and joyful



**It's  
Free!**



**Laughter is a tonic we all need  
in our busy stressful lives.**

Laughter Yoga is a powerful healing method that is simple, fun and filled with laughter that works simultaneously on the body, mind and spirit. Anyone can practice and benefit. It's a form of exercise where we choose to laugh, because we can

**[Anyone can practice and benefit]**

and this is done without jokes or comedy. The benefits of laughter are scientifically documented. It's a practice that follows a systematic activity approach that guarantees fun and success to all, every time.



Lynette and John Mitchell, Leaders of Ferntree Gully Laughter Club

Community Laughter Clubs are run similar to that established by Dr Madan Kataria, a medical doctor who founded the global laughter movement in 1995. There are now over 7,000 clubs worldwide, on 7 continents in over 60 countries. Everyone is welcome to experience first hand the fun of a laughter session and to gain the benefits of laughter. Laughter Yoga improves the physical, mental, emotional, spiritual and social health of individuals, workplaces and the community.

### **When...**

**2nd, 4th & 5th Sundays at 10.30am.**

### **Where...**

**Behind the Ferntree Gully Library,  
1010 Burwood Highway, Ferntree Gully.**

### **How...**

**Contact Lynette to confirm your attendance.**

### **Contact Details:**

Lynette Mitchell

Certified Laughter Yoga Teacher

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