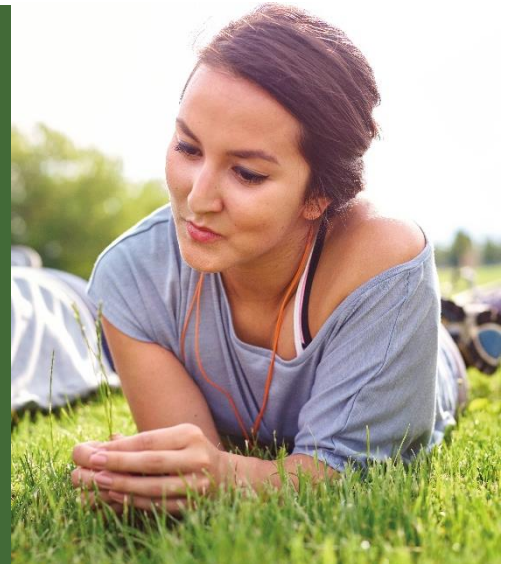


Laughter is the Best Medicine

Addressing wellness during uncertainty



Living with Uncertainty

Our schedule and daily lives have dramatically changed from a few weeks ago. The COVID-19 pandemic has potentially affected your mental, physical, and emotional health. It is especially important during this time to provide care for YOU.

Laughter is the Best Medicine

This one hour webinar will discuss the following topics:

- Why laughter is important
- How we can get more laughter into our lives
- Learn the physical and emotional benefits of laughter
- Guaranteed to make you laugh !

This webinar can help you become more centered and secure during this time

Limited to 500 Registrants. We hope you will attend!



Webinar Details

Date: Thurs. June 4th, 2020

Time: 12:00pm- 1:00pm

Registration Link:
reglink6.4laughter.uop

Phone-In Option:

Call: 1 (408) 418-9388
Access code: 287 462 642

For better audio, we suggest you using the call-in number rather than listening through your computer.