

LAUGHTER For the Health of It

When was the last time you laughed so hard you cried...
and felt wonderful after?

Join June Erhler to:

- Discuss benefits of laughter
- Help you identify your "humor print"
- Provide examples of humor for our survival bag of funny moments
- Have fun, company, and a good laugh!



Tuesday, July 11 • 11:30am-12:30pm

Seymour Center, 2551 Homestead Rd, Chapel Hill, NC

FREE!



Orange County
Department on Aging

Register at 919-968-2070

Sponsored by Mental Wellness Senior Resource Team



Orange County Department on Aging