

Ho Ho Ha Ha Ha!

JOYn us as we ...
Exercise our LAUGHTER muscles
and LAUGH for HEALTH!
You will FEEL PositiveLY GREAT!



Laughter Yoga

with "PositiveLY Pat" Conklin

Principal Positivist and Fundraiser of Laughter Yoga Orlando

WEDNESDAYS at 11 AM and THURSDAYS at 7 PM

REDEEMER LUTHERAN CHURCH

3377 Aloma Avenue, Winter Park, FL 32792

Suggested donation of \$10/month for unlimited class attendance.

For more information, call 407-671-4300.

**This program is made possible through funding from
the Winter Park Health Foundation.**



No yoga poses!

No previous experience required!

No joke!