

Use your personal pharmacy: Let your "Ha-Ha" out ...



# FIT-4-LIFE

## Laughter Club

**"Laughter really is the best medicine."**

Join thousands of others in global community who have discovered the benefits that laughing provides on the human condition. Derived from ancient wisdom and supported by modern science, research and case studies, therapeutic laughter reduces stress both at home and in the workplace. At work we know laughter fitness increases productivity, engagement, and staff retention while building morale and decreasing health claims. The affects on individual wellness can include the following:

- De-Stresses \* Aids healing \* Helps in controlling pain \*
- Lowers blood pressure \* Coping Skill \* Generates joy & happiness
- \* Reduces risk of heart attack, diabetes and depression & more \*

If you are looking for value-added workplace programs, Special events, Conference/Retreat add-ons, or just need to bring a laughter fitness session to your people, contact us.

*Humor is today's new career skill. If your organization needs humor skills development, don't forget to ask about our laughter wellness training program .*



Kinza Christenson, CLL  
The Performance Pro  
Morale Builder and Humorist  
Keynotes \* Training \* Events  
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*Certified Laughter Leader with the World Laughter Tour  
Dedicated to improving health, hope & humanity*