

Laughter Club - Dudley

Find your inner joy with 'Merrie Maggie'

How many times
have you laughed
today?

Laughter makes
you **FEEL** good

Relieve stress by
allowing laughter to
embrace you

Revitalises through
deep Yogic
breathing



Laughter exercises combined with deep breathing helps to relieve stress, boosts the immune system and creates a feeling of wellbeing and joy.

The **FIRST** session will take place on

Thursday, 19 January 2017

From 11.00 am to 12.00 noon

Please give donations to help cover room hire

At

**Mata Da Mandir Centre
57 – 59 King Street
DUDLEY
DY2 8PX**

For more information contact Maggie on 07565 218567
or go to the website: www.merriemaggie.co.uk