

# 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, 13 April 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](http://www.merriemaggie.co.uk)