



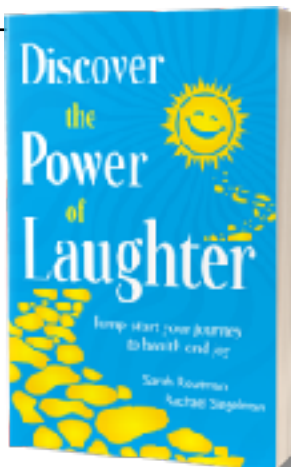
# COME LAUGH WITH ME!

*On Zoom*

Isn't it time you started taking laughter seriously?

Meet Rachael Siegelman, The Laughter Champion and co-author of *Discover the Power of Laughter: Jump-start your journey to health and joy.*

- 😄 *Experience how laughter, deep breathing, and playfulness can improve your overall well-being.*
- 😄 *Destress with laughter, have fun, and build connection.*
- 😄 *Let's start building your laughter together on Tuesdays.*



Join me for a *Free* Laughter Session  
**Tuesdays 10-10:15 am EST on Zoom**

[https://us04web.zoom.us/j/76468939356?  
pwd=lfdb55z4xDraMVclYUD4yVXDUPnAoX.1](https://us04web.zoom.us/j/76468939356?pwd=lfdb55z4xDraMVclYUD4yVXDUPnAoX.1)

Meeting ID: 764 6893 9356

Passcode: connect

