

# COME LAUGH WITH ME!



*On the Phone*

Isn't it time you started taking laughter seriously?

Meet Sarah Routman, global Laughter Ambassador 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 Monday mornings be an uplifting start to your week!*

*Free 15-min Laughter Call in 3 easy steps:*

1. **CALL:** 218-339-2460
2. **Enter CODE:** LAUGH# (52844#)
3. **LAUGH** and feel the energy all day!

