

PR Series - Wakefield Laugh Club

While much of the information is the same in the following releases, I am rather fond of the headlines I came up with for the second and third releases, below.

Laugh Club Starting in Wakefield, First Meeting Wednesday June 8th (June 2005)

The Wakefield Laugh Club will hold its first meeting on Wednesday June 8th from 7:00-8:00 pm at the Unitarian Universalist Church, 326 Main St. Led by local resident Sue Herz, a certified Laugh Club Leader, the group will meet on Wednesday evenings on a weekly basis. All are welcome and regular attendance is not required.

The unique concept of Laughter Yoga was discovered in 1995 by Dr. Madan Kataria, a physician in Mumbai, India. It has since grown into a world wide movement with more than 2500 clubs in India, USA, Canada, Australia, UK, France, Germany, Italy, Belgium, Switzerland, Sweden, Norway, Denmark, Hungary, Ireland, Netherlands, Finland, Singapore, Indonesia, Malaysia, Vietnam, Taiwan, Hong Kong and Dubai.

Dr. Kataria, realizing that laughter truly can be “the best medicine,” started working with a small group of people and discovered that anyone can laugh for 15-20 minutes without depending upon a great sense of humor, jokes, or comedy.

What happens at a Laughter Club session?

Led by a qualified laugh club leader, members take part in activities that combine laughter exercises (simulated laughter) and yoga breathing, which turns into real laughter when practiced in a group. Participation in a laughter club encourages playfulness, laughter, social connection, and a balance of mind, body, and spirit.

What are the benefits of Laughter Yoga?

Laughter yoga can help strengthen the immune system by reducing the negative effects of stress, anxiety, and depression, and has a positive effect on health issues such as high blood pressure, asthma, and chronic pain. It also improves one's sense of humor, self confidence and communications skills.

To learn more about Laughter Yoga, see www.laughterforlife.org and www.joyofkidding.com. For Wakefield Laugh Club details, contact Sue Herz at [sueherz\[at\]rcn.com](mailto:sueherz[at]rcn.com) or 781-246-8940.

Laughter Allowed on Sundays at Local Church Wakefield Laugh Club changing meeting schedule *January 2006*

The Wakefield Laugh Club is changing its schedule to accommodate those who prefer not to drive at night or go out after a long day at work. Starting February 5th, the Laugh Club will meet the 1st and 3rd Sunday of each month from 3:00-4:00 pm at the Unitarian Universalist Church, 326 Main St., Wakefield.

Led by local resident Sue Herz, a certified Laugh Club Leader, the Wakefield Laugh Club was formed last June and currently has members ranging from age 7 to 91. Some members come alone, some in pairs, and some with their entire family. But, they all enjoy the many health benefits of Laughter Yoga. Those attending are asked for a donation of up to \$5, but no one is turned away because of inability to pay.

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Still Laughing, a Year Later

Wakefield Laugh Club to Celebrate 1st Anniversary *May 2006*

The Wakefield Laugh Club has been filling the social hall of the Wakefield Unitarian Universalist Church with peals of laughter since last June. At its next meeting, Sunday June 4th at 3:00 pm, the group will celebrate its 1st anniversary and also honor and thank the UU church for its initial and ongoing support. All are invited to join in the fun!

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