

LAUGH HEALTHY!

Sarah Routman, TLC*

Laughter Champion

Sarah@LaughHealthy.com 612.802.1608 www.LaughHealthy.com



Recommended for those who find exercise challenging and suffer from stress, burnout, and overwhelm.

Complete these actions with a generous dose of imagination, creativity and play, preferably with a buddy.

- 10 **SMILE-UPs**SM 3x a day.
- 15 minutes of **Belly Laughs** daily.
- Free Weekly **Laughter Calls**

Mondays 9:00 - 9:15am Central Standard Time

1.218.339.2460 Code: **52844#** (LAUGH#)

Don't laugh with milk.

"I am thankful for laughter, except when milk comes out of my nose. – Woody Allen

POSSIBLE SIDE EFFECTS:

- Bursts of energy and positivity.
- Decreased stress, anxiety, and depression
- Increased focus and productivity... and more.

Refills – UNLIMITED

*TLC The Laughter Coach