



LAUGHTER IS THE BEST MEDICINE

Laughaceuticals®

Target Group

School faculty, employer groups, community groups, senior citizens

Description

Inform participants about the health benefits of playing and laughing regularly and to encourage using more humor and fun in your daily routine.

Booking Info

Free to nonprofit organizations and community groups along Colorado's Front Range.

- Audience: 25 minimum
- A large room with space to move around freely, participants also need a place to sit
- 30 minutes for set-up, one hour for each workshop, and 15 minutes between sessions

More Info

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LAUGH TOGETHER

Do you often feel bogged down? Stressed? Remember when we were kids and there was time every day just to play together and have fun? *Laughaceuticals* will have you ringing the bell for recess. Put down your pen; get up from your computer and discover once again the de-stressing value of laughter and play.

Every activity in the *Laughaceuticals* workshop supports the evidence that laughter is actually good medicine. Evidenced-based facts are shared about the healthy benefits of laughter, including stress and blood pressure reduction. Ideas for regularly incorporating laughter and play throughout your day are provided.



INTERACTIVE FUN

Laughaceuticals is an interactive workshop where participants engage in improvisational theatre techniques and exercises to have fun, laugh, and play. Throughout the workshop, ideas and statistics supported by evidenced-based research are provided and discussed to raise awareness about the importance of laughter for our well-being.

Laughaceuticals is an effective tool for fostering cohesion and connection among participants and the health of their community.