

What better way:
to start your day or end your day
or perk up your day
or boost your week
or just take a **break!** than

Laugh your Glutes off?!

Hello, I am Betsy! I am a Certified Laughter Yoga Leader and the next Patch Adams. Chances are you and/or your business need me. Here is why. Laughter has been scientifically proven to:

- ☺ Reduce stress
- ☺ Relieve pain
- ☺ Improve cognitive function
- ☺ Burn calories
- ☺ Boost T-cells for improved immune response
- ☺ Reduce allergy symptoms
- ☺ Release endorphins to improve your mood, and
- ☺ maybe even make you cry until tears run down your legs!



So, here's to your health!

I'm not talking about telling jokes that not everyone will get, or that some might find offensive. I'm talking about pure laughter, which crosses all cultural, gender, age, and ability boundaries. This is laughter that brings groups together, not isolate individuals. Quit staring at your computer screen or dragging your feet to meetings.

Give me 30 of your minutes and I will make your day better, more productive and alive!

Contact me for more information to set up a one-time, weekly, or monthly laughter booster. Group prices start at \$52. Isn't that great? HA HA HA HA HA HA HA HA HA HA HA !!

Laughter is contagious, so spread the joy and peace!

Betsy Kennedy, MS, OTR, CLT, CLYL

Based in Fitchburg, I come to you! To your work, your party, your conference, your club... I am an occupational therapist also trained in Lymphedema Management (elevation doesn't help) and use of KinesioTape (as seen on Olympic athletes) for pain relief, bruise reduction, joint support, muscle facilitation, to decrease swelling and more.



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