



**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

**Betty Hart**  
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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.