



Laughter for the Health of It!

Mondays, January 7th to June 24th*

10:00 am to 11:00 am

Okanagan Room, BC Cancer

Facilitated by: Judi Wallace, MA

* No class January 28th, March 11th, April 15th and stat holidays

What is Laughter yoga?

Laughter yoga uses therapeutic laughter, deep breathing, laughter meditation and guided visualization to promote an overall sense of well-being.

What are the health benefits of Laughter yoga?

Laughter yoga started in 1995 and is based on scientific research. It decreases stress and depression, increases the immune system, mood and tolerance for pain. **No yoga poses!**

Who is the facilitator?

Judi Wallace is a certified laughter yoga leader who started to learn the health benefits of laughter when she was studying Positive Psychology. She learned the full impact of laughter through her dance with cancer. Now she enjoys sharing what she's learned with others.

Who can attend?

The class is open to all BC Cancer patients and their support person(s). For more information, call the Patient and Family Counselling department at (250) 712-3963

No yoga poses!