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Felician Village

For Immediate Release

Date: April 30, 2010

From: Sarah Guenther, Marketing Intern (684-7171 Ext 409)

Headline: **Felician Village Offers Laughter Club**

Felician Village is offering two Laughter Club sessions called “Ha! Laughter Club.” Each session will be led by Lisa Hagenow and Jennifer Collins, Certified Laughter Leaders.

“Ha! Laughter Club” is a fun and interactive program where attendants will participate in an official Laughter Club, a mind-body-spirit program of gentle laughter exercises and camaraderie!

Features of Laughter Programs:

- True, mirthful laughter in a supportive environment
- A mind-body-spirit program of gentle “laughter” exercises, breathing, stretching, and camaraderie
- Jokes are not used; only the joy of laughing
- Atmosphere is relaxed, upbeat
- Relieve stress, anger and anxiety

The sessions will be held on Wednesday May 12 and Wednesday May 26. Both sessions will be held from 5-6 pm in the Glab Lounge at The Gardens at Felician Village, 1700 S. 18th, Manitowoc. The cost is \$2 for each session and is payable at the door. Space is limited. Pre-registration is appreciated and can be done by calling 684-7171, Ext. 338.