

# Southeast Florida ACA Intergroup

is offering



## HEARTFELT LAUGHTER WORKSHOP



**WHAT?** Heartfelt Laughter is a refreshing & innovative approach to physical, mental & emotional well-being. It's an ideal way to re-connect with your Inner Child and let them out to play in a safe environment.

**HOW?** Heartfelt Laughter uses a perfect blend of simple, yet empowering Laughter exercises & Yogic Breathing techniques, along with fun and playful activities like games, singing and dancing.

**WHY?** Why not?? Heartfelt Laughter helps reduce stress, dumps depression & anxiety. It's a powerful way to recharge your batteries & release inhibitions, allowing you to have FUN & PLAY! Your Inner Child will LOVE you!

**WHEN:** Sat., Nov 3., 2018 from 12:00-2:00pm

**WHERE:** Community Church, 4433 Bougainvillea Drive, Lauderdale by the Sea

Lisa P., a fellow traveler and certified Laughter Yoga Leader & Teacher, who has been teaching over 10 years will be facilitating the workshop.

**THERE IS NO CHARGE FOR THIS EVENT, HOWEVER, THE BASKET WILL BE PASSED.**

For more info: Shannon B. 954.806.6474 [shannonbates327@gmail.com](mailto:shannonbates327@gmail.com)  
Lisa P. 561.723.5688



This event is sponsored by the Southeast Florida ACA Intergroup. Your Intergroup provides you with meeting lists, ACA website and literature discounts.  
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