



Zoom courses designed to encourage and nurture the spirits of older adults to learn, grow and share together in order to live and age more abundantly.

## Laughter Yoga For Better Health



They say that laughter is the best medicine – and the best part of laughter is it is free and anyone can do it. Laughter yoga uses laughter, childlike playfulness, and deep yogic breathing to lower blood pressure, reduce stress, and improve mental health. Register for this free 3-session zoom class and come ready to laugh, be silly, have fun, and release positive endorphins.



Host: **Rev. Andrea Mericle**

**Chaplain, Parkvue Community, United Church Homes**

Rev. Andrea serves as the Chaplain of UCH's Parkvue Community in Sandusky, Ohio. Prior to accepting her call to Parkvue, she served as pastor of parishes in New York and Iowa and as Chaplain Resident at the Mayo Clinic in Eau Claire, Wisconsin. She is the happy feline fur parent of Hope.

**Tuesdays 3:30 – 4:00PM ET, June 18, 25, and July 2 (3 sessions)**

**Online on Zoom (Link will be in your registration confirmation email.)**

### What You'll Need

There is no cost for this class. No prior reading or homework will be required. You'll need a computer/tablet/phone on which you can participate via Zoom and the willingness to laugh, be a bit silly, and improve your mental wellbeing.

To sign up for the class, go to [UnitedChurchHomes.org/enliven](https://UnitedChurchHomes.org/enliven) or email [KMoeller@uchinc.org](mailto:KMoeller@uchinc.org)



**Come prepared to laugh and be open.**