

Women Who Laugh Celebrating the freedom to laugh out loud

Laughter is really good for you so why do people (and women in particular) often feel uncomfortable and self-conscious when laughing out loud?

In this one-off online session tutor Jude Robinson will help you to gain a little insight into the science under-pinning the reasons why laughter exercise is good for your health. You will also have an opportunity to find out where your “laughter buttons” are located and to take away some practical laughter tools to share with family and friends.

Date/time:
Wednesday 19th May 2021
9.00-11.30am

Course fee: £7.50

If you receive certain benefits you may be entitled to a free course.

Venue: online course on Zoom

To enrol please quote the course reference **C3679247** either online at <https://enrolonline.wea.org.uk/Online/CourseSearchResults.aspx> or by ringing **0300 303 3464**

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