



Community Programs presents

The Power of Laughter



The people of the United Methodist Church

It is said that “Laughter is the best medicine.” In this day of hurry, worry, noise, and constant activity, for many, laughter is not a part of their daily lives. The value of a “mirthful belly laugh” has become so important there is now ongoing research into why it is so urgent for people to be intentional about experiencing laughter on a daily basis. Join us to learn ways to be intentional about putting more laughter into your life.”

The facilitator is Donna Oiland from Evergreen Healthcare.

Wednesday, March 7th. 6:30 pm to 8 pm.

There is no fee to participate.

16530 Avondale Road NE Woodinville

Please pre-register at **425-788-2953** or **office@bcumc.org**

Childcare available

www.bcumc.org

