

LAUGHTER MATTERS IS LAUGHTER THE BEST MEDICINE?

Can you remember the last time you had a hearty laugh that emerged from deep within?

The Bulmer Foundation and Transition Hereford are hosting two free Laughter Seminars on Friday 12th December 2008 with guest speaker Carol Thompson of the Laughter Network

- **Laughter Lunch @ Hinton Community Centre,
Hollybush Walk, off Ross Road, Hereford, HR2 7RJ;
Time: 1 – 2 p.m.**
- **Laughter Serenade @ The Watershed,
Wye Street, Hereford, HR2 7RB
Time: 7 – 8 p.m.**

Bulmer Foundation Health Director Ferdinand Addo says : 'there is a growing body of evidence indicating that chronic conditions like diabetes, high blood pressure, head and body aches are often stress related, and laughter is one effective way to manage these conditions while reducing our dependence on medication'

With the credit crunch and the gloom of an impending recession creating underlying anxiety for many, it is important to be able to release this tension, and to connect with others.

Research shows that Laughter has many benefits;

- ◆ release a sense of fun, play and spontaneity
- ◆ reconnect us to our sense of joy and relaxation
- ◆ relieve stress and anxiety
- ◆ strengthen confidence
- ◆ stimulate creativity, imagination and clear thinking
- ◆ build connections with other people
- ◆ boost the immune system
- ◆ improve respiration and blood circulation
- ◆ improve wellbeing
- ◆ encourage a happier, more cohesive and effective team

**For Registration and further information please call, 01432 294112
Mon – Thurs.**

Email: bf.administration@s-n.com

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**The Bulmer
Foundation**

CUTTING IT A DIFFERENT WAY

