



LAUGHTER YOGA

Monday, February 27

11:00 AM -12:00 Noon

Melanie Galioto of *LaughYourselfPhilly* leads this workshop and offers this description. “Connect with a new way of experiencing the healing aspects of yoga, without mats and challenging postures.

This is a fun form of exercise that combines yoga breathing with laughter exercises to strengthen your immune system and unwind the negative effects of stress, making you feel fresh and energetic. Learn the techniques and find out why this revolutionary idea has become a worldwide phenomenon. You don't even have to be happy for it to work!”

Please RSVP by February 22.

www.cancersupport-phila.org

215-879-7733

The Cancer Support Community of Philadelphia
The Suzanne Morgan Center
at Ridgeland
4100 Chamounix Drive
Philadelphia, PA 19131



**CANCER SUPPORT
COMMUNITY.**

PHILADELPHIA

Formerly The Wellness Community of Philadelphia