



# Laughter Yoga



## Benefits

- Decreases stress levels
- Burns calories
- Enhances immune system
- Increases blood circulation
- Promotes positive mental state
- Promotes social connections

If the Doctor tells you: stress is the cause of all your symptoms, you need to exercise and lose a few pounds.

## TRY

**Laughing for a healthier you!!**

Tuesday and Thursday  
6:00 PM to 7:00 PM  
Leader: Dora V. Inclán

**Fee: \$ 15 per month**  
**Plus membership**  
**Ages: 6 years and up**



**Haynes Recreation Center**  
2102 Clark's Crossing Drive,  
Laredo, TX. 78043  
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