



Permission to Laugh

Permission to Laugh: Relieving the Stress of Grief

Tuesday evening, August 3, 2010

6:00 – 8:00 p.m.

Childers Place at 6600 Killgore

(between Amarillo Blvd West & Wallace)

Enjoy a meal prepared by the Bivins Culinary Center!

We will “cut loose” with some LAUGHTER YOGA! This will be a great time of audience participation – but no one will be put on the spot or embarrassed!

Suggested donation of \$5.00 for the meal.

RESERVATIONS are required.

Call 806-356-0026 or 866-654-2941 by Friday, July 30, 2010

Our guest for the evening...

Patty Freier, BSN, RN, RCIS, is the Education Nurse Specialist & Chest Pain Center Coordinator at Covenant Heart & Vascular Institute in Lubbock. She has over 37 years nursing experience, but most importantly for us, she is a **Certified Laughter Yoga Leader!** Patty will be sharing how laughter can be used to relieve the stress of grief and even prevent heart attacks and strokes!



Laughter Yoga combines *Unconditional Laughter* with *Yoga Breathing*. As laughter is simulated as a body exercise in a group; with eye contact and childlike playfulness, it soon turns into real and contagious laughter. The concept of *Laughter Yoga* is based on a scientific fact that the body cannot differentiate between fake and real laughter. *One gets the same physiological and psychological benefits.* For additional information, visit on-line: www.laughteryoga.org

Looking ahead...

Tuesday, November 2, 2010 – we will have a brief presentation about how to cope with the upcoming holidays, look at some funny video clips, then open the microphone to allow us to tell some funny and memorable stories of holidays of the past.

If you think you would benefit from an evening out with others... would like wonderful food and a good time... if you want to “lighten up a bit” on your grief journey and relieve some of the stress of your grief through humor,

THIS IS FOR YOU!

***Danny Mize, Bereavement Coordinator
Hospice Care of the Southwest***

www.hospicesouthwest.com

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