



Laughing Your Way to Healing Workshop



Freedom House Ministry is excited to host an afternoon of joy & laughter led by...

Mari Anne Andersen & Melliney Saltarelli

Saturday, March 24, 2018 – 12:30 to 4:30pm

Doors open at 12:00pm

*Did you hear about why the cookie went to the hospital? Because he felt crummy!
Why did Johnny throw the clock out of the window? He wanted to see time fly!
What do you call a fake noodle? An impasta!*

Do you know the answers to these questions?

1. *What happens to your blood vessels when you laugh? Is it good or bad for them?*
2. *How does laughter affect your emotional brain health?*
3. *What can laughter do for your struggle with stress and anxiety?*
4. *Can laughter be a “food” for your body? If so, how?*
5. *How can you increase your respiratory rate and oxygen consumption without paying a doctor’s bill?*
6. *Isn’t the Bible an old, stuffy book that makes people feel condemned and sad?*
7. *What can laughter do to fear? We all have it, and don’t know what to do with it!*
8. *How can you stop wasting your life?*

According to that adorable and hysterical comic Charlie Chaplin, you are wasting your life if you spend your days without laughter: “A day without laughter is a day wasted.”

Come and get the answers to these questions and many more. Find out how you can change “a day wasted” to a “day of investment” in your heart, emotional, and brain health!

Beware!!! Laughter will be on the premises!

Location:

Kingsland Properties
25W560 Geneva Rd
Carol Stream, IL 60188

(0.2 miles west of Gary Ave on the north side of Geneva Rd. “Kingsland Properties” name is on the marquee in front. Looks like a one-story office building in front, but two-story in back. Just west of blue building. Set back from the road. Parking and entrance at the rear of the building.)

Cost & Registration:

\$40* per single \$60* per couple
Hors d’oeuvres & desserts served
Free-will offering will be taken.
*PayPal fees will be applied on website.

To Register & Pay:

- **By PayPal or Credit Card:**
www.freedomhouseministry.com
- **By Check:** Payable to Freedom House Ministries %3217 S Scoville Ave, Berwyn IL 60402-3546 Include names attending.

