

HEALTH EDUCATION SERIES

Free Event!

Featuring Guest Presenter:

JOIE FLORENCE

Student of Exercise Science and Health

University of Idaho

Topic:

HUMOR:

Why Laughter is the Best Medicine



April 3, 2014

6:00 p.m.

Snake River Community Clinic

215 10th Street, Lewiston



Some say that laughter is the best medicine — well, in many cases, it is! Did you know it takes 15 facial muscles to laugh? Lots of laughin' can make you feel good — and that good feeling can stay with you even after the laughter stops. So, head off stress with regular doses of laughter by watching a funny movie or cartoons, reading a joke book (you may even learn some new jokes), or even make up your own riddles...laughter can make you feel like a new person! Source: Centers for Disease Control and Prevention.



Public Health
Idaho North Central District

For more information, contact Deb Merica at
Public Health - Idaho North Central District (208) 799-0379.
www.idahopublichealth.com