



## Chocolate Thursdays

**'Laugh Healthy with a Little Chocolate Pick-Me-Up'**

#ChocolateThursdays #LaughHealthy  
#LaughwithChocolate #HealthyChocolate  
#LaughHealthywithChocolate

---

**Description** – For the last 10+ years I've been celebrating #ChocolateThursdays by indulging in delicious chocolate, sharing chocolate recipes with friends or reminding others to splurge and celebrate with chocolate in some way. Since March 9, 2020 I've been sharing 20 minutes of purposeful playful laughter for better health on Facebook Live every day to help people with the stress and overwhelm so many people are feeling.

---

**Every Thursday**, in keeping with my tradition, I've managed to combine laughter with chocolate, by sharing a favorite chocolatier, a recipe, etc., that is woven into the laughter session. In October, I was gifted a box of chocolates from a friend, and after a conversation about the importance of supporting small businesses, I decided to add another layer to what I was already doing.

---

**My goal is to provide an extra laughter pick-me-up to someone who needs it and support other small businesses by promoting their chocolate to my laughter audiences.**

My followers are encouraged to refer people to me who they know who need an extra 'pick-me-up.' Those people receive an invitation to a special 'Laughter Feast with Chocolate' on Zoom, along with a gift of chocolate from designated chocolatiers.

Chocolate businesses provide coupons, gift cards and/or samples of their chocolate to be gifted to designated recipients, with the understanding that due to the promotional aspect of the program, ultimately, more business will come their way.

Chocolate connoisseurs make this possible.

## Become a #ChocolateThursday FEATURED CHOCOLATIER

Your sponsorship will provide gifts of laughter and chocolate to people who need an extra 'Pick-Me-Up'.

### Choose your level of support (choose all that apply)

- I will make a CHOCOLATE DONATION (describe):
- I will provide and on-line COUPON CODE to be used by #LaughHealthy's network. \_\_\_\_\_%
- I will provide a gift card(s) that can be mailed to recipients: (describe)
- Other (describe):

To date, people from over 27 states and 9 countries have tuned into the 400+ Facebook Live sessions. I hope you will consider being a **FEATURED CHOCOLATIER**

- Please arrange to pick up the chocolate  I will mail you the chocolate/gift card(s)
- Please send me an invoice/receipt  I've enclosed a check  Other:

**Your Name:**

**Name of Business:**

**Mailing Address:**

**Email:**

**Phone:**

**Signature:**

**Date:**

---

ALL FEATURED CHOCOLATIERS are asked to provide a jpg or png of your logo as well as jpg or png of your featured chocolate along with any text you'd like me to use as I mention FEATURED CHOCOLATIERS on my website and social media.

As a FEATURED CHOCOLATIER you will receive two invitations to 'A Laughter Feast with Chocolate' on Zoom (this is a monthly event for #ChocolateThursday invited guests only)

---

Your logo, photo, coupon and text will be shared on my print and social media, website, and during my #ChocolateThursday #LaughHealthy Facebook Lives (<https://www.facebook.com/LaughWithSarah>) which are also posted in the #ChocolateThursdays playlist on my YouTube Channel. I talk about my #ChocolateThursday Program when I do corporate meetings and events, on podcasts and Summits where I present. I regularly share FEATURED CHOCOLATIER Coupons to all of my audiences, regardless of the platform.

[CLICK HERE TO CHECK OUT MY YOUTUBE](#) My digital footprint is available upon request.



Sarah Routman  
7821 West 110<sup>th</sup> Street  
Bloomington, MN 55438-2259  
[sarah@laughhealthy.com](mailto:sarah@laughhealthy.com) 612-802-1608