

Let us customize your **Healthy Laughter** experience from the options below.

Healthy Laughter Sessions - offered in person, virtually, or on the phone. You choose the length. Programs are interactive, educational 'edu-tainment', and customized.

Staff Development Training – Focus on self-care, stress management, team building, and more.

Keynote Speaker – When the same tired presentation won't do, get the energy flowing from the start with an innovative, interactive laughter opening to your conference.

Breakout Workshop at Conference – Laughter is surprisingly relevant to almost any topic or theme. Let's explore the options.

Social Event – Let laughter 'edu-tainment' deepen connections and add levity to any gathering.

Laughter as Exercise – Get people moving with imagination, play, and fun - includes talking points with research and statistics.

Daily Laughter Practice – When you're ready to make laughter a regular habit, we'll create a routine you and your team can stick to.

Laugh Healthy Materials

Add these items before and/or after any event to increase engagement, reinforce skills, and enrich connections:

Before:

- **Laughter Survey** – check-in before and after for stress level and other measurements
- **Laughter Pages to Color** – to pique curiosity, ignite creativity, and enhance enthusiasm (choose from existing inventory, or we'll be delighted to create a page just for you)

After:

- **LAUGH NOW! Cards** - Join the Laughter Movement to encourage shared laughter worldwide
- **Laughter Coloring Books** – choose from 6 existing books – including a laughter quote book - or we'll customize one for you
- **Laughter Planner** – so much more than just a planner
- **Laughter Bookmarks** with specific laughter game directions (also customizable)
- **Books:**
 - *Discover the Power of Laughter* - complete with foundational laughter games and information to create your own www.DiscoverThePowerOfLaughter.com
 - *Can't Someone Fix What Ails Me?* (Sarah's chapter on being a caregiver and staying positive in the face of challenging situations – available as a downloadable PDF)
 - *Jokes by Number* (Become the best joke-teller without memorizing the joke or the punchline!)
 - *Brushstrokes and Breaths: Meditation with Paint* (Let your imagination wander and your mind reset with Sarah's original paintings and reflective prompts. See more of Sarah's art: www.ThroughSarahsEyes.com)
- **Challenges** – complete with instructional video, tracking sheet, and props - keep the laughter energy circulating throughout your group long after the event is over (Smile-Ups Buddy Challenge – Laughter Drill Challenge – Create a Laughter Phone Tree)
- **#ChocolateThursday Program** - pairs laughter with chocolate to infuse heart-healthy fun into any setting (ideally offered on Thursdays, but let's face it, *anytime* is a good time for Chocolate!)

More Healthy Programs:

- **Give Your Stress a Colored Pencil** – Participants explore the benefits of doodling and coloring for stress relief
- **Golden Journey of the Heart** – Healing art program incorporates the Japanese art form of Kintsugi – no artistic skills necessary <https://bit.ly/GldnJourneyHrt>
- **Healing Headbands** – Combine the energy of laughter with the creative process/painting while supporting a non-profit www.HealingHeadbands.com

Let's develop a unique program together using imagination, creativity, laughter, or art for your team.

SARAH ROUTMAN, MEd - Certified Healthy Laughter Expert
612-802-1608 | Sarah@LaughHealthy.com
7821 West 110th Street | Bloomington, MN 55438-2259
www.LaughHealthy.com | www.calendly.com/LaughHealthy

