

THE MOUNT OLIVE PUBLIC LIBRARY  
PRESENTS

# LAUGHTER YOGA



**MONDAYS @ 7PM**  
**BEGINNING FEBRUARY 6<sup>TH</sup>**  
**&**  
**EVERY THIRD FRIDAY @ 2PM**  
**BEGINNING FEBRUARY 17<sup>TH</sup>**

*Laughter Yoga is a fun form of exercise that helps strengthen the immune system, unwind the negative effects of stress and make you feel good in the here and now. It contains components such as deep breathing, clapping, laughter and childlike playfulness.*

*Join Diana Perez, “Jolliologist” & Certified Laughter Yoga Leader, for this fun-filled workshop and learn the true benefits of laughing.*

**Registration Requested**  
**Call 973-691-8686 or [click here](#) to register**

Mount Olive Public Library  
202 Flanders-Drakestown Road  
Flanders, NJ 07836