



Laugh-Aerobics

Exercising Your Ha Ha

During this life-changing workshop you will learn the skills necessary to take yourself lightly while you take your problems seriously. Mike will give you the latest Medical Evidence which proves how the Laugh Aerobic Lifestyle can enhance your career, relationships and general health.

Workshop Agenda

- The value of Humor in the workplace.
- The Medical Evidence.
- The Mind Body Connection.
- Circumstances don't matter.
- Laugh-Aerobic Exercises.
- Advanced Exercises.
- Your "Laughing Place."
- Making a Joy "To Do" List.
- He who "Laughs" ...Lasts!

Experience These Benefits

- ✓ Techniques to help you stay calm and productive under pressure
- ✓ How to become "Fluid and Flexible" in today's world.
- ✓ The importance of turning stress into Positive Energy.
- ✓ How to introduce humor into your workplace and improve your bottom line.

"Your presentation, Laugh-Aerobics, Exercising Your Ha-Ha was exactly what was missing from our supervisory course curriculum." "I look forward to having you back many times in the future."

**Hilan Priddy, Sergeant
Texas Department Of Public Safety,
Training Academy**