

Healing with Laughter: The Lighter Side of TransformationSM



How can you use humor and laughter to overcome obstacles? How can you shift your focus and turn defeats into victories? In this interactive, multimedia, energetic event you will learn about the physiological, psychological and spiritual benefits of extended laughter sessions and the difference between constructive and destructive humor. You will also learn some extraordinary joy-making techniques, including Laughter Meditation and Laughter Yoga.

WHEN: Monday, September 24, 2007, 6:45 - 9 PM.

WHERE: The Holistic Self Care Center (HSCC) 12 Murphy Drive,
Nashua, NH 03062 (Route 3, right off Exit 4, ample free parking)

TUITION: \$40 or \$25 if registered before 9/14/07.

REGISTER: The Holistic Self Care Center www.thehsccenter.com
Telephone: 603-883-1490 (Limited seating, register today!)

About the instructor:

Lisa Wessan, MSW, LCSW, CLL, RM is a joy based counselor & coach, speaker and health educator. Lisa works with individuals and groups who seek pleasure and fulfillment in their lives through energy psychology and heightened consciousness. Lisa is also an internationally published author, an active Usui Reiki Master and on-air host and producer of the monthly Cable TV show "Z Lighter Side of Transformation."

While doing research on stress management techniques in graduate school for clinical social work, Lisa explored the research on therapeutic uses of laughter for caregivers. During post-graduate research on laughter therapy, Lisa became double certified to teach Laughter Yoga with Dr. Madan Kataria of Mumbai, India, and as a Certified Laughter Leader with Steve Wilson's World Laughter Tour, Inc. of Gahanna, Ohio. Her work has been featured on CNN, *Paula Zahn Now*, *The Wall Street Journal*, *The Daily News*, *The Boston Globe* and in many television, print and radio interviews.

Lisa facilitates a variety of motivational keynotes and workshops including: communication, team building, stress management, decluttering, caregiving and the role and gender conflict arising from dating and career transitions.

If you would like further information, please visit her website, www.MirthMaven.com