



Need a laugh for the Holidays?
NYAPRS is offering the gift of Holiday Humor for you and your staff! Lighten your Holiday by attending this funny and informative webinar. Belly Laughs are included

FRIDAY, DECEMBER 9TH
NOON TILL 1PM
**LAUGHTER IS THE BEST MEDICINE:
HEALING THROUGH HUMOR WEBINAR**

We are living in a time of uncertainty and unrelenting change and disruption. Whether it be the impact of COVID 19, racism and civil unrest or just the challenges of living in the 21st Century, there appears to be an overwhelming sense of dismay and apprehension. The science of laughter has been shown to be effective on our overall health and particularly our mental health. Join us for a discussion and a belly laugh as we discuss the benefits of humor and how it can lighten our load in a world of trials.

Presented by Robert Statham & David Ferencz



Zoom Training

**For more information
please contact:**

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