



Benefits of Laughter

- Strengthens the immune system
- Improves breathing and blood pressure
- Provides good cardio-vascular effects
- Encourages people to get along better
- Relieves stress and lifts the spirit

Meetings

We are local Tucsonans who get together once a month to share a laugh, usually the 13th of each month, at different locations, and with different leaders.

Meetings include telling jokes and funny stories, breathing and stretching exercises borrowed from yoga, and “laughter exercises” to get you laughing!

History

It's estimated that there are more than 1,000 clubs around the world, with more than 500 Certified Laughter Leaders in the United States, with more than 500 Certified Laughter Leaders in the United States.

The Tucson Laughter Club held its first meeting on September 13, 2004 by co-founders Jim Twomey, Leda Hankins, Jackie Gill and Tony Pearson.

Vanetta Gibbs, Patti Wheatley, and Doug Laakso have joined to provide leadership and direction.

Our mission is to create happiness and peace for all of Tucson and beyond through laughter for no reason!

We are affiliated with the World Laughter Tour, a professional and grassroots movement with the mission of bringing the world events that promote health and peace through laughter.

What does it take to join us?

- **Does it cost anything to join Tucson Laughter Club?** No! However, at some events we may ask for donations to cover our costs.
- **Do I have to do anything stupid, dangerous or uncomfortable to become a member of the club?** No! Although some of the laughter exercises might seem silly at first, you are not required to do any of them.
- **Do I have to be single, or a certain age?** No! Everyone is welcome. We have people of all ages in our group, some married, some single. We don't have alcohol, smoking or drugs at our events, so it is perfect for kids of all ages.

Joining is simply signing up for our mailing list or just showing up at our meetings. Come to those you want. Once you are there, you can join in the conversation and laughter exercises, or choose not to. Some people just come to watch because of their health or lack of mobility.

To join our mailing list on Yahoo Groups. Every month you will receive an e-mail or two about upcoming events.

[Groups.yahoo.com/groups/tucsonlaughterclub](http://groups.yahoo.com/groups/tucsonlaughterclub)

Visit our website at: <http://www.tucsonlaughterclub.com>

Send an e-mail to: laugh@990tony.com