



Prescription Laughter

Thursday - August 21

3:00 to 4:30pm

Contact peerworknetwork@vch.ca for the Zoom link

Have you had a good laugh today?

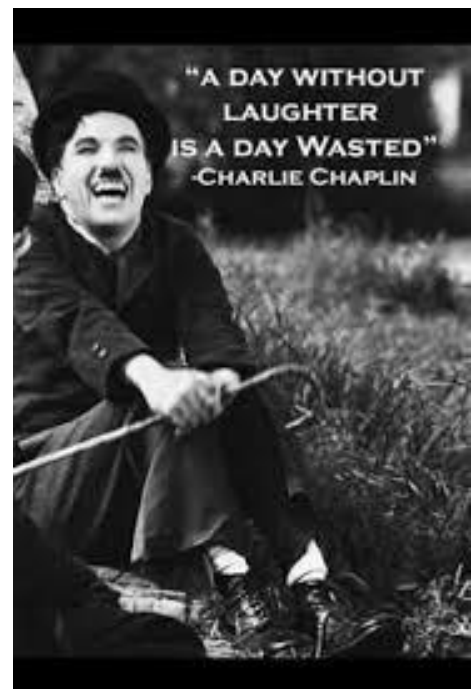
Research shows that a laugh-a-day does help to keep the doctor away. Laughter has serious positive physiological benefits.

Laughter induces physical changes in your body that:

- hike endorphins (easing pain),
- lower cortisol (the stress hormone) and
- raise dopamine and serotonin (the “feel good” neurotransmitters).

Humour is a vital tool that can help us gain perspective even in the darkest of moments.

Learn how mirth has been proven to be critical for mental health. Laughter is your birthright, a natural part of life that is innate and inborn. Anyone can learn to laugh at any stage in life.



“If we couldn’t laugh, we would all go insane.” – Robert Frost

A Consumer Involvement and Initiatives forum for all BC peer workers; including peer support workers, peer facilitators, peer navigators and CIF project leads



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