



Trinity United Church

A union of Presbyterian Church USA and United Church of Christ

"Growing in Christ, Sharing in Love"

Laugh out LOUD!

Laugh Out Loud, a seven week program offered at Trinity United Church will start Monday May 4 at 8pm and Wednesday May 6 at 11:30am. The fee for the program is \$35 or \$5.00 per class with all proceeds going directly to the congregation.

Why laugh? The act of laughing reverses all the systems in the body that could harm you if the tensions and stress went on too long. This isn't just hearsay, a growing body of research shows there may be real health benefits to incorporating laughter into your daily routines. Separate studies at the University of Maryland School of Medicine, by Dr. Miller, and the Loma Linda University in California by Dr. Berk along with the University of Tsukuba in Japan have shown laughter has a positive effect on blood vessels, stress hormones and blood sugar.

As evidence builds, laughter classes are gaining recognition as seen on Oprah, CNN, NBC, CBC and more. In February, Star Ledger Live went in search of comedy at Rutgers-Newark to ask student to give them their best laugh and then highlighted Trinity's LOL classes to show the program does improve enthusiasm and self-confidence. So come and get your healthy quota of laughter at Laugh Out Loud classes.



For more information, call Halpin (732) 469-7858



Background:

The first celebration was on January 11, 1998 in Mumbai, India, and was created by Dr. Madan Kataria, founder of the World Laughter Yoga movement.

Laughter is a positive and powerful emotion that has all the ingredients required for individuals to change themselves and to change the world in a peaceful and positive way.

The celebration of World Laughter Day, the first Sunday in May, is a positive manifestation for world peace and is intended to build up a global consciousness of community and friendship through laughter. This event is non-political, non-religious, and non-denominational.

About the instructor:

The weekly program is led by Yvette Halpin, a member of the congregation and certified Laughter Leader and Yoga teacher.

Halpin will lead the class through exercises that can be done sitting down or standing up and help people recapture the zest for life enjoyed by children. As we grow up we sometimes gum up. Let's enjoy the simple pleasures again.

"Laughter is a positive energy" Halpin says, "and the program encourages people to laugh and have fun. The sessions offer participants more than an hour of fun and games, but proponents say it also improves circulation and breathing, relaxes muscles, and reduces stress." Halpin further indicates "As long as you can breathe, you can laugh!"

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