

Lighten Up! A Stress Recess

SPECIAL EVENT

NOON TO 1:30 P.M.

AT THE

LANDON CENTER ON AGING, ROOM 200

April 1, 2008 (Tuesday)

Presented by: Mary Pebley, Humor Therapist

The Laugh-a-Lot Lunch Bunch will meet on Tuesday, April Fools Day. The menu includes corny jokes and tickled ribs. We know the aches and pains of aging can be stressful – but we all feel better after a good laugh. Join us for some fun and laughter – and bring a favorite joke or cartoon to share. You will learn useful tips for using humor to manage stress in your life, discover the healthy benefits of becoming more playful and learn how to exercise your funny bone. Most importantly – come to laugh and have fun. Uncontrollable laughter is allowed!



THEO AND ALFRED M. LANDON
CENTER ON AGING

University of Kansas Medical Center
3599 Rainbow Blvd., Kansas City, Kansas

<http://www2.kumc.edu/coa>

Call Matt Chandler at 913-588-3094 to RSVP. Space is limited.