



Benefits of the World Laughter Tour's Laughter Club Program



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1. Changes the way everyone thinks about their health.
2. Gets everyone thinking about how to be less stressed while enjoying life more.
3. Gives everyone ideas and information for staying happier and healthier.
4. Gives simple practices that anyone can do to feel good and have a better outlook on life.
5. Develops the sense of humor.
6. Reduces inhibition to laughter, releasing joyful expression more easily & more often.
7. Facilitates openness to change.
8. Encourages improved relationships.
9. Fosters better balance between right-brain and left-brain functions.
10. Lifts enthusiasm, morale and motivation.
11. Can be used by anyone with virtually any level of physical or mental ability.
12. Is consistent with other programs to improve health and well-being.
13. Brings about amazing changes in people's personal lives.
14. Makes laughter and good-hearted living a part of a community's culture.
15. Makes laughter and good-hearted living the natural way people think and act everyday.
16. Leads directly to feelings of well-being and a sense of community.
17. Is a simple program both in concept and application. It takes little time and money, and it works!!!

World Laughter Tour, Inc. 1-800-669-5233 (US & Canada)

E-mail: info@laughterclubs.com Internet: www.LaughterClubs.com