



LEO BAECK CENTRE
FOR PROGRESSIVE JUDAISM
www.lbc.org.au

2PM SUNDAY 25 SEPTEMBER

LAUGHTER WELLNESS

Discover how a laughter wellness approach positively affects your physical, emotional & social wellbeing



discover the science behind laughter wellness and learn how it builds resilience, creates a positive mindset, enhances interpersonal communication & reduces stress

participate in an active laughter session that incorporates simulated laughter exercises & experience laughter's therapeutic benefits

conclude with a smiling & laughter mindfulness practice



Ros Ben-Moshe is one of Australia's leading laughter wellness and health promotion professionals and Director of LaughLife Wellbeing programs. Specialising in mindfulness and laughter wellness, her laughter therapy projects have featured on ABC TV News, Channel 10's The Project and in The Age. She has had articles published in The Australian, Wellbeing magazine and Women's Health & Fitness. She is currently adjunct lecturer at the School of Public Health at La Trobe University, where for many years she lectured in Health Promotion. Ros has facilitated wellbeing programs for schools, healthcare providers, community and corporate organisations over many years. *More information: www.laughlife.com.au*

your gold coin donation will assist with our CARE activities

Venue: LBC RSVP 9819 7160