

LAUGHTER WORKSHOP

Are you ready to cultivate joy,
bring out your inner child,
and let go of life's daily stressors?

Join us for delightful, uplifting, and ridiculous fun!!!



July 24th, 2024, 1pm – 3pm

Rotterdam Senior Citizens Center

2639 Hamburg St, Schenectady, NY 12303

Deb Foss is a Certified Laughter Yoga Instructor who laughs as often as possible and delights in spreading joy!



No yoga experience or physical flexibility is required.

All are welcome - even the grumpy!!!

Donations Appreciated

It's time to put humor on your calendar.