

**Date**

Sunday, May 3rd, 2009

Time

11am-1pm

FREE!

**FUN EVENT
FOR ALL AGES!**

Address

Ocean Park Beach
2600 Barnard Way
Santa Monica, CA 90405
(closest to lifeguard station
26)

Parking

There is all day parking for
\$6 in lot 5 south (or free is
you arrive early and find a
spot on the street!)

11th Annual World Laughter Day Celebration

Ocean Park Beach, Santa Monica, L.A.,
California

Come Celebrate World Peace Through Laughter!

Sunday May 3rd, 2009

From 11am to 1pm

What Is World Laughter Day?

World Laughter Day is a free, fun-filled and participatory community event that promotes a happier and healthier lifestyle.

- Our concept is unique: we use laughter as a form of exercise for better health. Anybody can do it.
- There are scientifically proven benefits: laughter has both preventive & therapeutic values.
- Stress is too expensive to be ignored: A playful approach to everyday things is a key factor in keeping healthy. Laughter puts anxiety on a back burner for everyone.
- Expect a hilarious, happy, heartfelt, healing and healthy event!

The Program

We will have a group laughter session, share a minute of silence for Peace, play some group games, dance, sing and experience hula hooping with some very motivated hoop girls!

This event will be followed by a potluck picnic. Please bring food to share.

Read more online at www.laughangeles.com

**“When people are laughing,
they’re generally not killing
each other.” – Alan Alda**