



## *Tantramar Seniors' College: Course Outline*

### *The Healing Power of Laughter*

*Instructor: Wallie Simieritsch*

*Spring, 2011*

This four week course is a laughing matter! If you would like to learn how to laugh for no reason then come out and join us. You do not need to have a sense of humour, know any jokes, or even be all that happy; just bring an open mind. Discover a very simple, yet powerful and effective way of laughing that invites you to fake until it becomes real. It is called Laughter Yoga and it is spreading throughout the world. Laughing is good for your physical health, your mental health and your spiritual health. We will practice some laughter exercises which you can use anytime to lift your mood.

Four classes will be held on **Thursday afternoons from 1:30 to 3:00 pm** at the Trinity St. Stevens United Church Heartz Hall, 1 Ratchford St., Amherst. **The first class will be on Thursday April 21, then April 28, May 5 and May 12.**

Instructor: Wallie Simieritsch e-mail: [wildflowerwallie@ns.sympatico.ca](mailto:wildflowerwallie@ns.sympatico.ca)

Wallie Simieritsch enjoys a good laugh. She believes in the power of laughter as a means to become a more balanced, healthy and positive person. She used laughter as a healing tool in her work in the mental health field in Calgary for 22 years. She was a founding member of a workplace Humour Club and participated in laughter yoga workshops. Together with a group of 12 co-workers, clients and volunteers, she wrote and performed comedy sketches for an Improv Show for the opening ceremonies for a CMHA National Conference. Wallie believes in the healing power of laughter.

**Storm Policy:** No classes when schools are closed in Amherst

**Scent-Free:** Some people are very sensitive to perfume and other scents. Please respect a scent-free environment by not using scented products. Thank you.

**Attendance/Absenteeism:** Our instructors are volunteers who work very hard putting courses together. Your cooperation is appreciated in letting them know if you are unable to attend classes as most instructors plan for the number of students registered in the course. If circumstances change between registration and the first class, or if you decide to withdraw after the first or second class, please e-mail the coordinator at [tsccoordinator@nbnet.nb.ca](mailto:tsccoordinator@nbnet.nb.ca) or call her at 506-364-2780. Many courses have a wait list and this could allow someone else to take your place.