



Tantramar Seniors' College: Course Outline

Laugh Your Stress Away

Instructor: Wallie Simieritsch

Fall, 2011

One class will be held on **Wednesday November 23 from 1:00 to 2:30 pm** in Hartz Hall at the Trinity St. Stevens United Church, 1 Ratchford St., Amherst NS

Instructor: Wallie Simieritsch e-mail: wildflowerwallie@ns.sympatico.ca

Laughter can heal! Learn the art of laughing for no reason. Learn how to laugh away the stress and tension in your life. You do not need a sense of humour, know any jokes or even be all that happy. Learn how to lift your mood with the simple act of laughing.

“When you laugh, you change. When you change, the whole world changes”

Dr. Madan Kataria

Wallie Simieritsch has used laughter as a healing tool in her work in the mental health field as well as in her own life. She believes that laughing is good medicine indeed.

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 tsccordinator@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.