

"Relieve Stress & Solve Problems.. *All with Humor !*"

Mon., Sept. 28th 6-8:30 pm

3 special workshops *combined into . . .* **1 incredible workshop !!!**

- **"Easy and Effective Ways to Laugh at Things You Can't Control"**
... Come learn how stress is funny! Tips and secrets of the pros to help you "turn on" your funny side, enjoy and share humor even under the most stressful conditions.
- **"How To Get the Most Out of Your Sense of Humor for Health"**
... You can enjoy life more, improve relationships, save thousands in medical bills and even live longer by following these tested and proven humor techniques.
- **"How To Get Great Results (and BIG Work Benefits) With Humor"**
... 7 quick and easy ways to use your sense of humor as a powerful work tool to manage stress, boost morale, communicate better, be more creative and much more!

Where Health Touch, 3500 Westgate Dr., Suite 504, Durham, NC 27707
(Near Target at South Square. Go to www.ArtsCanHeal.com for a map)

Who



Presented by Humor Trainer **Ruth Hamilton** & Stand-up Comedian and Author **Rog Bates**. Two masters of humor! Ruth Hamilton: founder of Carolina Ha Ha, has presented humor workshop internationally for over 20 years. Ruth is the trainer for Carolina Ha Ha's Certified Humor Presenter series. She enjoys using props, storytelling & improv to help you de-stress. **Rog Bates**: Former touring comedian now a popular corporate entertainer and keynote speaker. Rog is an author and songwriter in demand for his highly regarded speechwriting, humor writing and comedy training... Rog helps business and healthcare groups manage stress.



To Register Call **919-363-0999** Or Email: Ruth@ArtsCanHeal.com.

Fee is just \$39!