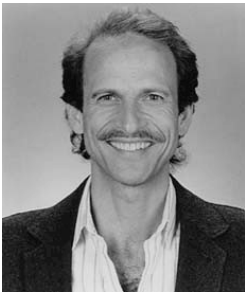


Controlling Stress with Laughter

Saturday, Sept. 16, 10 am - 1 pm

Health Touch, Durham, NC

Carolina Ha Ha presents a morning of humor skills that include:



"Singing with Humor"

With Rog Bates, Stand-up Comic and Musical Entertainer



"Creating Your Comic Space"

With Ruth Hamilton, Motivational Humorist and founder of Carolina Ha Ha



"Laughing Often and Living Well" With Alan Happ,
Laugh Leader and Exec. Director of Carolina Ha Ha

Location: Health Touch, 3500 Westgate Drive, Suite 504, Durham, NC (near South Square). Fee: \$15, couples: \$25. Bring 3 people and get in free! Register by sending a check payable to Carolina Ha Ha , 105 West Hwy. 54, Suite 265, Durham NC 27713. Visit www.CarolinaHaHa.org for more information or call Ruth at 919-544-2370.