

Laughter Enrichment

*Offers fun and relaxation
For
YOU*

*The Caregiver,
Activity Professional
Aging Parent
Family Member
Friends
Resident or Patient with a
chronic or debilitating
disease*

*OR
Your Association
Community Group
Church
Senior Center
Long-term Care Facilities*



What Others Say:

"I've worked with Sharon for two decades; she's fun to be around. An Experienced, talented leader with great compassion for others, she is what Zen folks call a "light soul". She combines Compassion, Confidence, and Comedy. Cool!"

—Val Dumond Author, Editor, Trainer

Pam Vanoverbeke, life enrichment director, said McIntyre has a talent for reading the people in a group. Vanoverbeke had hired McIntyre to come in once a month for workshops for residents. "They loved having her," she said. "Days later they were still talking about it."

And that's one of the reasons Sharon loves laughter yoga. After working with vulnerable populations for so long and still being an advocate for the elderly, she said she still likes to focus on the elderly or those who are ill because they especially need a laugh. (Excerpt: Kitsap Peninsula Business Journal)

—Rodika Tollefson, Writer

"Sharon has always been a mover and shaker. For years she has encouraged, enabled, and empowered coworkers, senior citizens, and friends to live life to the fullest. Sharon has advocated for basic rights for all citizens across the state of Washington and through out the U.S. Her talent, confidence, and empathy for those without a voice will be channeled into helping persons she encounters to release their inhibitions through laughter."

—Mikel Ann Robinson, CTRS, Consultant, Educator

"Since I have known Sharon, her humor and positive attitude have soothed and resolved many challenging situations. She instinctively knows that addressing *conditions*, not *people*, will render the most positive outcomes. This was consistently demonstrated in her work with seniors with severe disabilities. I can't think of a better person to bring passion and the power of laughter to any type of setting."

—Lourdes E. Alvarado-Ramos, Deputy Director WA State Dept. of Veterans Affairs

**Laugh, live, and love the
person you were meant to be!**

Laughter Enrichment



**Renew!
Re-energize!
Restore!
Revive!**

Jumpstart your day!

**Schedule your Laughter
Enrichment program TODAY!**

**"When you laugh, you change, and when
You change, the world changes with you"**

—Dr. Madan Kataria, Founder Laughter Yoga

LAUGHTER ENRICHMENT IS FOR YOU!

Q: Why Laugh?

A: Because it's fun!

- ...and having fun relaxes you
- ...when relaxed you don't worry
- ...and when you don't worry
- ... you feel better
- ...and when you feel better
- ...you stay healthier

Sharon McIntyre

..... Sharon's mission is seeking tools to help you live life to the fullest.

Following the example of Norman Cousins and Patch Adams, who acknowledged laughter as a universal language, Sharon underwent training to become a certified Laughter Yoga Leader.

Sharon, a longtime business operator, now heads her most fun venture, **LAUGHTER ENRICHMENT.**

Are you an activity professional or caregiver looking for a new program stimulus?

What is naturally available, costs nothing, and helps uplift your clients, resident, or family member with a chronic or debilitating disease?

LAUGHTER

Here is what you will discover:

- Instant relief from dis-ease
- Inspiration through a new of vision of caregiving
- Rejuvenation of your soul
- Positive Focus
- Skill Addition
- The secrets of laughter

Sharon Says:

"I have always loved to laugh and, quite frankly, in the world today, it keeps me healthy.

After my first workshop with activity professionals, I found that everyone had so much fun they went home with sore jaws and hoarse voices. Now, as a leader, I find Laughter Yoga is as therapeutic for me as it is for the participants.

I call it "group fun" for the soul."

Laugh—Live— Enjoy Each Other

LAUGHTER ENRICHMENT

For all cultures, ages, skills and abilities. . .

. . . with tools to relieve stress and boost energy,

Presentations can be designed in any shape or size to meet your needs and expectations

JOIN the Laughing Class

Book your presentation today!



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LAUGHTER ENRICHMENT

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