



Original - Wildly Fun - Slightly Zany

THE HUMOR EXCHANGE

"Humor is not something just fun and frivolous. It is necessary and should be encouraged. Laughter is too good a thing to leave to chance. Laugh and pass it along."

*Vera Robinson,
EdD, RN*

Please join us to experience the many mental and physical benefits of laughter!

We'll be sharing a broad range of humorous material and our own comical stories. The experience is magical and lots of fun!

Adults 18 years and older are welcome. School-aged children are invited in July and December.

THE HUMOR EXCHANGE is located at:

Advocate Condell Centre Club: Education Room
1405 North Hunt Club Road
Gurnee, Illinois

Reserve your seat at:

800.323.8622 or
advocatehealth.com (Mention Code: 5G31)

Join Us!

We meet the second Thursday of every month from 7 P.M. until 9 P.M. **Free admission for all!**

2017 Dates:

▪ January 12	▪ February 9	▪ March 9	▪ April 13
▪ May 11	▪ June 8	▪ July 13	▪ August 10
▪ September 14	▪ October 12	▪ November 9	▪ December 14

- Humor is a Natural Universal Medicine -

Top Ten "Take-Home's"

1. The highest form of humor is laughing at ourselves.
2. Take our jobs seriously and ourselves lightly.
3. Humor and laughter are innate & universal.
4. A smile is the first step to peace. (Mother Teresa)
5. One person's "Ha Ha" is another person's "Ho Hum".
6. There are many physiological & psychological benefits from humor, mirth and laughter.
7. Healing means "to make whole".
8. Researchers claim that "maladaptive stress" (stress caused by the inability to cope with change) is responsible for breakdowns in the immune system and is related to at least 75% of all visits to physicians. (Strickland, D. 1991)
9. Humor is one of our major coping mechanisms.
10. Having fun is more important than being funny. Humor is all around us!!!

Enjoy!!!

Denise Driscoll, RN, MPH

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