HA HA HA!
HO HO HO!
hee hee
HA!



Laughing Yoga

Wednesdays at 3:30 pm

Scout Hall – 5315 28th Avenue S., Gulfport

Lead by Certified Laugh-a Yoga Leader, Cathleen Howard

Laughter exercises, Yoga breathing, and lots of fun!

It's not just for fun … laughing has scientifically proven health benefits.

No Experience, Equipment, or Ability Necessary!

Promoting Optimal Living

The City of Gulfport Multipurpose Senior Center