



Laughter Yoga

Center4 Stress Reduction, LLC.

48 N. Tucson Blvd., Suite 106 * Tucson, Arizona 85716

Come Join the Laughter Club - Instructed by
Richard V. Barnes, M.D.



Laughter is a powerful medicine that fights stress, relieves pain, improves immune system functioning, and promotes joyfulness.

There is no specific charge for attending the club, but gratuities are encouraged. All you need is a sincere desire to feel less stress and improve your overall health! So, come and laugh with us:

Wednesdays at 6:30 p.m. and Saturdays at 11:00 a.m.

Space is limited. Please call for a reservation.

520.323.5059