

# LAUGHTER YOGA

Date: December 1, 2017

Time: 12-1pm

Location: Auditorium A, DHMC

Drop-in and join in the fun.

Laughter Yoga is a combination of deep breathing exercises from yoga and laughter, which oxygenates our body and brain, helping us feel more healthy and energetic.



For more information go to the D-H wellness portal, [ManageWell.com](http://ManageWell.com)

Access the wellness portal via the D-H intranet or visit [www.managewell.com](http://www.managewell.com)

**First time users:** register using your D-H employee ID with the prefix DH  
(e.g. If your D-H ID is 012345, then enter DH012345 when prompted.)

**Questions?** Contact [livewellworkwell@hitchcock.org](mailto:livewellworkwell@hitchcock.org) or 603.650.5950