

FOR IMMEDIATE RELEASE

Contact: Susan Andersen

E-mail: sandersen@encoreexperiences.org

“Evening Laughter Yoga class beginning January 5 at
Encore Experiences at Harleysville”

Instructor Kim Ruch-Alegant, Certified Laughter Leader, will be teaching Laughter Yoga Thursday evenings beginning January 5 at 6:30 PM at Encore Experiences at Harleysville, 312 Alumni Avenue, Harleysville. Laughter reduces mental stress and strengthens your immune system. Laughter yoga is a simple yet profound exercise routine that combines unconditional laughter with yogic breathing. The cost is \$2.00 per class. For more information, please call 215-256-6900.

Encore Experiences at Harleysville's mission is to provide access to programs and resources that help older adults live independently and remain active. This is accomplished by providing information and assistance services, a meal program, opportunities for lifelong learning, fitness and health programs, and volunteer opportunities. Anyone interested in learning more about Encore Experiences' programs and services is invited to call them at 215-256-6900.

###

Contact: Susan Andersen
215-536-2798