



## Program Description

## Duration

### ★ HEAL★ARIOUS: Virtual Comedy BINGO

This program creates an opportunity for participants to laugh in order to enjoy the positive biological benefits of humor. A spin off of traditional BINGO, a comedian will tell jokes and participants listen for the words on their BINGO card.

45 min.

### ★ HEAL★ARIOUS: Laughter is the Best Medicine Motivational Talk

Research has shown that humor and laughter directly after a stressful situation reduces stress hormones and creates lasting, positive feelings. Muscles relax, breathing changes, and the brain releases endorphins, natural painkillers and happiness boosters. This funny motivational talk will teach you how to laugh off difficult times, and as a result turn the negative impacts of stress into the positive biological benefits of humor.

45 min.

### ★ HEAL★ARIOUS: Humor for Whole Health (course)

This course empowers and equips up to 20 participants to be in more control of situations and release stress through laughter. They will learn how to use humor and stand-up comedy techniques to improve their whole health with cognitive restructuring.

45 min. / 12 wks.

### ★ HEAL★ARIOUS: Humor for Whole Health (session)

This course empowers and equips up to 20 participants to be in more control of situations and release stress through laughter. They will learn how to use humor and stand-up comedy techniques to improve their whole health with cognitive restructuring.

1 hr.

### ★ HEAL★ARIOUS: Comedy Performance or Comedy Bingo (Virtual or Live)

A 10-60 minute stand-up comedy performance. Check out our comedians at [www.bestmedicinebrigade.com](http://www.bestmedicinebrigade.com).

10-60 min.

### ★ HEAL★ARIOUS: Best Medicine Brigade Comedy Showcase (3 comics)

Laughter connects our mental and physical well-being, creating benefits that uplift us from inside-out. This is a live stand-up comedy showcase featuring nationally touring professional comedians.

90 min.

- All programming offered both live and virtually.
- Contact us to customize programming for your organization.
- Discounts available if purchasing multiple programs.
- Military & Non-Profit discount pricing available.

