



**EXTENDING LIFE THROUGH LAUGHTER...
JEST 4 THE HEALTH OF IT!!
It's Good for You**

Why Is Humor Important?

- **Requires No Investment of Cash & Has A Track Record of a Big Pay Off**
- **Reduces Stress**
- **Helps to Break the Ice in a Tense Situation**
- **Burns 40 calories a day if you laugh for 10-15 minutes daily**
- **Promotes Positive Moods/Attitudes**



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WEBSITE**

**Keep Humor Respectful When Connecting to Others...
Thoughtful Words Reflect Your Strong Character!!**