



Community Learning Centre



Commission scolaire English-Montréal
English Montreal School Board

École Secondaire LAURIER MACDONALD High School
7355 Viau, Saint-Leonard H1S 3C2
Tel: 514-374-6000 Fax: 514-374-7220

FEBRUARY 2nd, 2012

Dear Parents/Guardians,

The Laurier Macdonald High School Community Learning Center in conjunction with Ami-Québec is pleased to offer an interactive Workshop. The session will be made available through our Center's Video Conferencing Unit.

LAUGHTER

Learn why it's good for you

Presented by

Albert Nerenberg, filmmaker & Laughologist

Did you know that laughter can significantly reduce stress levels by:

- Metabolizing cortisol, one of the main stress hormones
- Improving breathing and heart health
- Resolving anxiety

Find out about:

- The many benefits of laughter
- Laughercize, a form of contagious laughter exercise which combines
Laughter and exercise
- You'll have the opportunity to ask questions and LAUGH!!

Place: Laurier Macdonald High School, Jean-Talon corner of de Michelet
(Door #15, back entrance Cafeteria Doors)
Classroom: A1-20

Date: February 2nd, 2012 **Time:** 7:00 pm to 9:00 pm

RSVP: Call Laurier Macdonald High School by February 1st, 2012
Contact Gina Bergantino Coordinator (514) 374-6000
gbergantino@emsb.qc.ca



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