



**Let's 'Come Together' and share laughter
to help fundraise for Red Nose Day**

What: 1-hour of **Laughter Yoga** - a combination of
laughter exercises and deep breathing

When: **Friday, 15 March 2019**
from 4.30 pm - 5.30 pm

Where: **The Community Room, Dudley Leisure
Centre, Wellington Rd, DUDLEY, DY1 1UH**

Delivered by 'Merrie Maggie' Thompson

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