

FREE Lunch & Learn
Mentor Ridge Health & Rehab
8151 Norton Parkway
Mentor, OH 44060

Wednesday May 22, 2019

12:00—1:00

Laughter for the Health of it.

Learn about the health benefits of Laughter & the history of *Hasya (Laughter) Yoga* while enjoying a light & tasty lunch prepared by our chef. Be prepared to lighten your load in this seriously silly presentation by

Josh Woodward CLYL

Please RSVP by Thursday May 16, 2019

440-299-5500

**Mentor Ridge**
HEALTH AND REHABILITATION

Reach Your Peak of Wellness at The Ridge

