

“Same You, Fresh Start”

Laughter Training

with Gerry Strohm Life Coach and Laughter Yoga Leader

Saturday, 8 June 9.30 for 10.00-13.00



Using a combination of Laughter Yoga Training and Life Coaching skills, Gerry will teach you how to identify the areas of your life which are out of sync or which need attention, how to prioritise, how to set achievable goals, how to have fun switching on happiness-- and how to maintain this throughout the year!

Cost: £25 includes refreshments

The Letchworth Centre for Healthy Living
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