

# **AMAZING Testimonial**

## **About AMAZING Physical Improvements from Carolyn's Sessions**

Hi Carolyn,

I would like to list the Health Benefits that I have received since I have participated in your "Laugh Yourself Healthier" sessions.

You are welcome to share this list with others.

1. I am breathing deeper without coughing.
2. I am more mobile and active in walking although I still use a walker outside just in case. The walker keeps my body balanced as I am not favouring one side of my body.
3. I am losing weight or inches around my girth as I have been able to wear a pair of slacks that did not fit me due to weight gain.
4. My bra fits better and is easier to do up.
5. My spine feels healthier as I extend my shoulders to my chin without any pain.
6. My mood appears to stay elevated in a positive thinking mode.
7. Lucky 7, helps me accept the differences in people yet I still do not understand the reluctance to join into such a FUN program that can improve one's health and well-being from the comforts of one's home.

**Sharon Colter, Lion's Head, Ontario  
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