

# Start or End Your Week with **FUN Seated** Movement

## **YES! YOU CAN Laugh Yourself Healthier**

**First Time** Joining Video or in Person Session? [View this Video Before You Start](#)

**\*\*\* BG SCWW Phone In Sessions Mon & Fri - 10:00am**

**SCWW DIAL IN** Call **Sharron Colter** for **NEW** Call In Info **519-793-3473**

DAY	10:00 AM	11:00 AM		1:00 PM	7:00PM	
MON	30 Min PHONE IN START DAY GROUNDED & HAPPIER	30 Min In Person On Zoom Group Session		30 Min In Person On Zoom Group Session	30 Min In Person On Zoom Group Session	<b>YES!</b> <u>YOU WILL</u> <u>FEEL</u> <u>AMAZING</u> WHEN DONE!
	30 Min PHONE IN START DAY GROUNDED & HAPPIER	30 Min In Person On Zoom Group Session		30 Min In Person On Zoom Group Session	<b>YES!</b> You can invite a Friend to Join with You!	
FRI		30 Min In Person On Zoom Group Session		<b>YES!</b> You can turn off your video during Zoom sessions	<b>YES!</b> You can do in Pjs, and in Wheelchairs	
SAT						

**NOTE:** LAUGHING, & BREATHING MAIN FOCUS. MOVEMENT'S BONUS ONLY DO WHAT PHYSICALLY CAN.

**ALL ZOOM PARTICIPANTS EMAIL:** [Laughyourselfhealthier@gmail.com](mailto:Laughyourselfhealthier@gmail.com) **Day Before** for Zoom Log In Info.  
Will be sent via email / text whichever you ask for.

**ALL THESE FREE TO YOU SESSIONS START ON TIME. JOIN 5 MIN EARLY ... 10 MIN IF NEW TO PROGRAMS**

**ALL ZOOM VIDEO SESSIONS USE SAME ZOOM ID & PASSCODE.**