

2<sup>nd</sup> Annual Senior Living and Learning Seminar

# Laughter Works

**Humor for Your Mind, Body, and Spirit**

*A fun workshop for and about seniors!*



Providing Help. Giving Hope.  
ccsem.org

Research shows that having fun is good medicine. Self-care, which includes humor, play, and a few good laughs, is essential. This unique program will grow your brain, tickle your spirit, and keep you smiling. Plus, you will learn a new skill that will change your life forever!



## PRESENTERS

**Kay Caskey**, ACSW, and **Laurie Young**, MA, LPC, are holistic health specialists and nationally recognized experts on the subject of health and humor as well as assistant graduate school professors at Western Michigan University.

Learn more about senior services available at Catholic Charities of Southeast Michigan from **Herschell Masten**, Director of Senior Services and Hispanic Outreach.



**Wednesday, August 24, 2016**

10:00 am to 2:00 pm

**Troy Community Center**

3179 Livernois

Troy, MI 48083

Rooms 304 & 305 near the east entrance

**FREE PARKING • FREE ADMISSION • FREE LUNCH  
DOOR PRIZES AND GIVEAWAYS**

**Space is limited – registration a must!**

**RSVP by August 9 to Trista Johnson**

**248-559-1147 ext. 3941**

**or email: johnsont@ccsem.org**