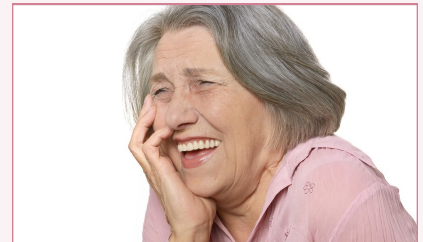
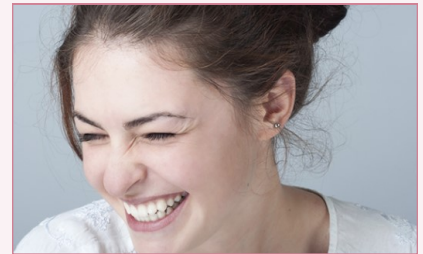
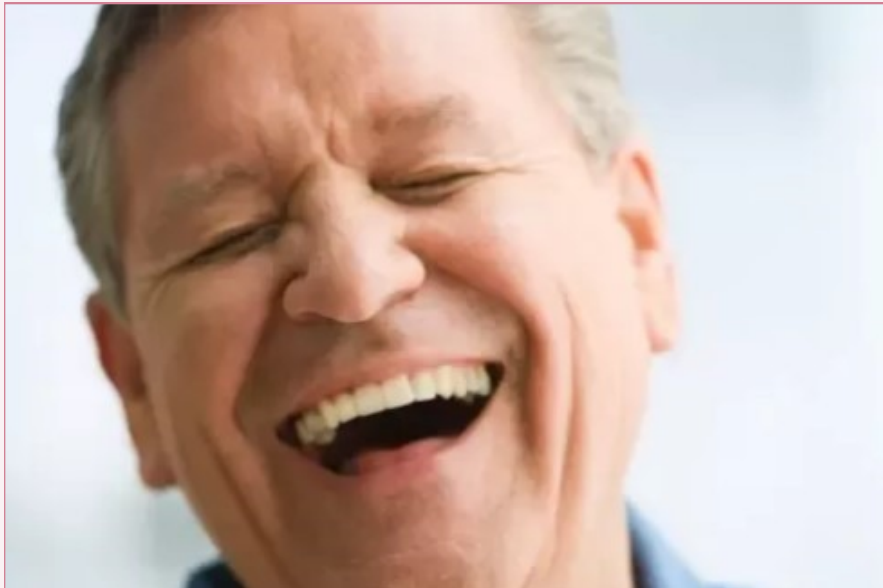


Is Laughter Really the Best Medicine?



**In Recognition of Heart Health Month,
Let's Give Our Hearts a Little TLC!**

Get the facts about the beneficial effects humor and laughter have on our heart, mind and spirit. Use humor to overcome challenges and enhance your life. Get tips on how to expand your sense of humor—it all starts with a smile!

Mills Tuesday, February 19 at 12:30pm

Coleman Thursday, February 21 at 12:45pm

Greendale Wednesday, February 27 at 12:15pm

Trailside & Sanford Thursday, February 28 at 12:15pm



We encourage you to come for lunch the day of the program. For lunch, call the center you plan to attend before 9:00am of that day to make your reservation.



Senior Services • 4700 Dublin Ave. • Midland, MI 48642