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### All invited to come laugh Hawaiian style

Enterprise staff  
July 29th, 2010

Come experience the inner spirit of island laughter with The Laughter Company of Davis. The group is sponsoring an Aloha Hawaiian laughter-filled presentation for all ages from 10 to 11 a.m. Friday, Aug. 6, at the Davis Senior Center, 646 A St.

"We guarantee to lift the spirits of everybody who attends without jokes or comedy," said Debbie Roquet, a certified laughter leader, founder of The Laughter Company and creator of the Davis Hysterical Society laughter club.

Attendees are asked to wear a favorite Hawaiian shirt or grass skirt.

The 60-minute workshop will offer systematic exposure to mirthful laughter. Laughter exercises are an efficient way to release tension and improve and strengthen the immune system, Roquet said.

"Laughter exercises have tremendous benefits," she said. "In laughter exercises, we use laughter as a tool, not an emotion. When you laugh, you produce more endorphins, the body's natural pain killers, and more serotonin, a natural antidepressant."

The workshop will teach participants how to keep spirits high while facing difficult challenges in life. Participation can be done in a seated position.

For more information or to reserve a spot, call the Senior Center at (530) 757-5696. Information about The Laughter Company can be found online at <http://www.thelaughtercompany.org>.