



A Free Opportunity for Everyone  
**Laughter on the Phone**  
 All are welcome

We sometimes create laughter exercises,  
 sometimes have fun and sometimes just laugh  
*For No Reason!*

All calls are lead by Certified Laughter Teachers and Leaders. Each is as unique as the individual who leads it. Try them all and find the one that suits you best. Laugh Daily and benefit. The Call is FREE, though it is an Iowa Phone teleconference line so access to the line may incur long distance fees if you do not have a national plan on your phone.

**1 (712) 432-3900**  
**Use Pin 6071292#**

[www.ParkRidgeLaughter.com](http://www.ParkRidgeLaughter.com) • [www.FollowTheLaughter.com](http://www.FollowTheLaughter.com)



**Say Yes to Laughter!**  
[www.youcansayyes.com](http://www.youcansayyes.com)

# Laughter Everyday

Select from the many call times throughout the day!

## 20 minutes on the phone

Laugh Line Leader	Pacific	Mountain	Central	Eastern
Pat, Linda & Pete	3am	4am	5am	6am
Rebecca F & Katie	5am	6am	7am	8am
Heidi	6am	7am	8am	9am
Lynda	7am	8am	9am	10am
Maya	8am	9am	10am	11am
Gaga	9am	10am	11am	Noon
Khevin	5pm	6pm	7pm	8pm
Melanie R (No Mondays)	7pm	8pm	9pm	10pm
David G (Mon, Wed, Fri)	9pm	10pm	11pm	12am
Gaga & Khevin	10pm	11pm	Midnight	1am



*Every Day of the Year!*