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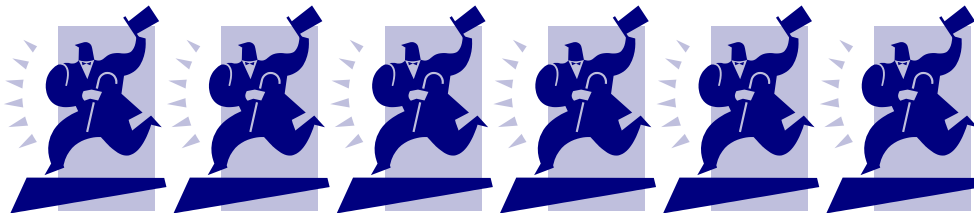
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'TIS THE SEASON TO BE MERRY ... LAUGH & STAY HEALTHY



Numerous research studies have shown laughter positively affects our immune systems. When we laugh, T cells or natural killer cells and cells that produce antibodies increase in number, while certain stress hormones decrease. Circulation, our hearts and our emotional well-being are all impacted by our ability to laugh. Laughter is a tool that can enhance our physical health and spiritual joy. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any library staff member.

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