



# WESTFORD JOB SEEKERS NETWORK

VIRTUAL ZOOM MEETING



## Laugh for the Fun of it

Wednesday, January 26, 2022



PLEASE NOTE VIRTUAL **PROGRAM WILL TAKE PLACE VIA ZOOM.**

\*\* To attend a WJS Meeting, please email me at [dkanabar@westfordma.gov](mailto:dkanabar@westfordma.gov)

\*\* Attendees will receive a link to access the Zoom Meeting via email.

### Presenter: Trevor Smith

- ✓ Join Trevor today for a fun program called "Laugh for the Fun of It: Creating a Healthy Life Balance through Laughter.
- Participants will learn a systematic method of chuckles, chortles, giggling and guffawing that promises to help reduce stress, prevent hardening of the attitudes, and contribute to world peace. The laughter routine, designed to make anyone feel better, works without using jokes or comedy to stimulate the laughter.
- "There can be many sensitive issues around humor, such as people not getting jokes or being offended by them," Smith said. "So we skip jokes altogether. We laugh with each other, never at each other. Peals of genuine happiness-and-health-boosting laughter ring out and roll on."
- ✚ Smith said laughter is proven to be a healing and a factor in happiness and good health.

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**Trevor Smith** B.A. M.A. M.Ed, CLL is the Chief Happiness Officer of Blue Sky Consulting; a training and development company based in Springfield, MA. With more than 15 years of experience as a Therapeutic Recreation Specialist and mental health practitioner. Trevor has designed and conducted workshops and trainings that promotes personal and professional development in a variety of occupational and community settings. If you like more information about Trevor's workshops and trainings, you can contact him via e-mail at [tsmith@blueskyconsulting.us](mailto:tsmith@blueskyconsulting.us). His website is [www.blueskyconsulting.us](http://www.blueskyconsulting.us)

**The J. V. Fletcher Library's "Westford Job Seekers Network" will meet VIRTUALLY weekly on Wednesdays from 3 p.m. - 4:30 p.m. and is OPEN to ALL.**

