

ONLINE—Quick-Fix Laughter  
8:00 – 8:15AM  
Weekly on Monday

Join me for a 15-minute laughter blast.

My name is Jill Naomi-Russell and I am a Registered Nurse, Certified Emergency Nurse and Certified Laughter Yoga Leader who is dedicated to spreading the joy and health benefits of Laughter Yoga to our world-wide community

Meeting URL is:

<https://us02web.zoom.us/j/88519099428?pwd=TmpPY0Q2eVJnVG9uMIJSN3BkbG5UQT09>

Or sign in using Meeting ID: 885 1909 9428  
Password: laugh