

Celeste Greene: “I discovered intentional laughter while searching for a means to bring back the laughter in my own life that I had lost due to stress and other negative life events. [You can see more about my story here in my TEDx talk.](#)

My extensive work laughing with older adults inspired me to complete my Master of Arts in Gerontology at Georgia State University in 2014. During my tenure at GSU, I developed the [LaughActive Group Exercise Program for Seniors](#). We did a rigorous evaluation looking at the program’s efficacy and [the study was published in a peer-reviewed journal.](#)”

Register for Online Laughter Yoga sessions: <https://celestegreenelaughs.com/free-online-laughter-classes/>

- Tuesday, 7:30PM Eastern Time
- Friday, 11:30AM, Eastern Time

Website: <https://celestegreenelaughs.com/>