

# Educational Series

## How to Manage Stress & Live a More Positive Life Through Laughter

Please join us for Family Physiotherapy Centres 1<sup>st</sup> health and wellness educational series, surround the topic of stress.

Learn:

- What causes stress
- What stress can do to the body
- The costs involved with stress
- Alternative ways to cope with stress and anxiety to live a more positive life!
- How laughter is one of the easiest and most effective ways of dealing with stress
- How to harness the power of laughter for a healthier life

Our guest speaker will be Sylvie Dagenais-Douville, who runs a successful business using laughter as a “stress-buster”.

Please join us on **Thursday, November 26, 2009** at our new Westgate fitness studio.

**Please RSVP by Monday, November 23<sup>rd</sup>, 2009**

When: Thursday, November 26, 2009

Time: 1PM to 2:30PM

Location: Westgate Shopping Centre (1309 Carling Ave)

Forever Young Fitness Studio-by food court

Please call to reserve your spot.



RSVP at 613.715.9000