

# LaughteRx

Presented by



comfort research

**LaughteRx, a series of festival programming launched in 2012, features speakers and activities that highlight the health benefits of laughter and its importance in emotional health.**

Speaker Series Presented By



## LAUGHTER IS THE BEST MEDICINE **LRX**

**Saturday, March 11 / 11am / Gilda's Club Grand Rapids / FREE**  
MSU Extension will talk about the benefits of laughter and health. Tips will be provided on ways to add laughter to your life such as engaging in laughter yoga.

## LAUGHTER AND HUMOR IN THE TREATMENT OF PAIN AND SERIOUS ILLNESS **LRX**

**Tuesday, March 14 12pm**  
**Gilda's Club Grand Rapids / FREE / CEs \$10**  
Join Dr. John Mulder and Dr. Dave Sharp as they talk about pain management and how laughter and humor can be a useful tool to have in your toolbox.

## PUNCHLINES: HOW THE FUNNY THINGS IN LIFE ENHANCE PHYSICAL & SPIRITUAL VITALITY **LRX**

**Tuesday, March 14 / 7pm**  
**Catholic Information Center / FREE**  
Fred Stella explores ways to see the world through the lens of comedy and how some of the greatest philosophers in history saw value in those incidents that make us laugh. The latest science and theology will be used as evidence that chuckles are like vitamins and prayer.

## SEXY CHAPTERS OF OUR LIFE **LRX**

**Thursday, March 16 / 1pm**  
**Gilda's Club Grand Rapids / FREE**  
A panel of health professionals talk about the side effects of cancer for men and women when it comes to the Sexy chapters of our life. Uncomfortable giggles and blushing cheeks are welcome!



## THE REAL AND FUNNY SIDE OF LIVING LIFE WITH A DISABILITY **LRX**

**Friday, March 17 / 7pm / GRAM / FREE**  
Join a group of hilarious panelists who are living with disabilities are not afraid to talk about it! The group will share the good, bad, and funny experiences they have encountered and will show how at the end of the day, we are all just human!



**MARCH 9-19, 2017 | laughfestgr.org**

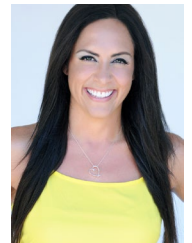


## HUMOR & HEALTH PANEL **LRX**

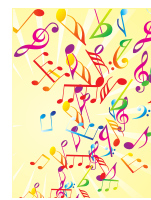
**Saturday, March 18 / 11am / The BOB EVE / FREE**  
A professor, a health professional, and a comedian will be sharing their knowledge on the benefits of humor mentally, emotionally, professionally and culturally. The audience is encouraged to come with questions.

## JEANNETTE RIZZI - BLINDSIDED **LRX**

**Saturday, March 18 / 5pm**  
**Dog Story Theater / \$10**  
Blindsided is a product of Jeannette's commitment to live, as well as her pledge to helping others who battle with their own raison d'etre. By going where no else has gone – into the lives of those we've lost, and into those who are left behind – this show is about finding hope during seemingly hopeless times.



For tickets go to [ticketmaster.com](http://ticketmaster.com) and search "laughfest"



## LAUGHTER & MUSIC **LRX**

**Wednesday, March 15 / 7:30PM**  
**Franciscan Life Process Center – Lowell / FREE**  
During this LaughteRx series program, Sister Mary Margaret will take the attendees on a musical journey.

## LAUGHTER YOGA **LRX**

This is not your typical yoga class – no yoga mat required. Expect to stretch your laugh muscles. These FREE sessions are led by certified laughter yoga teachers!

### GILDA'S CLUB GRAND RAPIDS

**Friday, March 10 / 10am**  
**Saturday, March 11 / 10am**  
**Sunday, March 12 / 3pm**  
**Thursday, March 16 / 10am**  
**Friday, March 17 / 10am**  
**Saturday, March 18 / 10am**  
**Sunday, March 19 / 3pm**



### GILDA'S CLUB LOWELL

**Tues March 14 / 3pm**

## CLUBHOUSE TOURS **LRX**

Come see first-hand what LaughFest is all about. Take a tour of one of our Gilda's Club locations and learn more about our facilities and programs.

### GILDA'S CLUB GRAND RAPIDS

**Saturday, March 11 / 10AM – 2PM**  
**Sunday, March 12 / 1PM - 5PM**  
**Saturday, March 18 / 10AM – 2PM**  
**Sunday, March 19 / 1PM – 5PM**

### GILDA'S CLUB LOWELL CLUBHOUSE

**Tuesday, March 14 / 1PM – 5PM**



Underwriting Sponsor

