

LAUGHTER BY THE LAKE

ActiveLiving **55+**
KINCARDINE & AREA



Please Join us for **meditation** and **Laughter Yoga** along the Shoreline of Lake Huron. Instructor **Lynn Stevenson** will provide **guided meditation** to start us off followed by a **session of Laughter Yoga**.

Gather your friends and enjoy an hour of **positivity, joy and relaxation** with others.

THE DETAILS:

WHEN: Every Wednesday Morning
beginning in June from 10:30-11:30 (June
4, 11, 18 & 25)

WHERE: Dunsmoor Park outdoor
Pavilion- **Rain or Shine**

COST: \$10 each session.



**BYOC- BRING YOUR OWN CHAIR IF
YOU WISH, THERE IS SEATING THERE.**

**DROP INS WELCOME OR
PRE-REGISTER:**

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