



FOR IMMEDIATE RELEASE  
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**CANCER PATIENTS LIGHTEN THEIR LIVES TOGETHER  
at The Wellness Community's June "Laughter Club"**

WESTLAKE VILLAGE, Calif.—The Wellness Community Valley/Ventura will be holding a three-week series entitled "Laughter Club" for people living with cancer. Cancer patients and family members are welcome to attend one, two or all three classes to be led by Laughter Leader, Sandra McLevige, LCSW. The mirthful encounters will be held Thursdays from 1-2 p.m, June 14, 21 and 28 at The Wellness Community Valley/Ventura, 530 Hampshire Road, Westlake Village. To RSVP, please call 805-379-4777.

The laughter club idea (which has spread worldwide) began with Dr. Madan Kataria, a Bombay physician who believed in laughter's therapeutic values and its contagious properties. There are at least 400 clubs in India with a total membership of 25,000 (and growing) laughaholics.

Trained in the techniques of Laughter Yoga and a certified Laughter Leader, McLevige said, "Laughter is something everyone was meant do. For many, it is a wonderful way to instantly lighten the load of the stresses in our lives."

(more)

Wellness Community Valley/Ventura  
Laughter Club  
2-2-2

Laughter improves our behavior towards others and can help reduce stress, drop blood pressure and boost your immune system—it's a natural stress-buster. Norman Cousins, famed editor, peace activist and Adjunct Professor of Medical Humanities at UCLA, did research on the biochemistry of human emotions, which he long-believed were the key to human beings' success in fighting illness. During his own bout with heart disease he said, "I made the joyous discovery that ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep."

The Wellness Community Valley/Ventura is the local chapter of the international, nonprofit organization dedicated to providing free support, education and hope to men and women affected by cancer. Through participation in professionally led support groups, educational workshops, nutrition and exercise programs, and mind/body classes, people affected by cancer learn vital skills that enable them to regain control, reduce isolation and restore hope regardless of the stage of their disease. Today, there are 22 Wellness Communities across the United States, five in development, 28 satellites, two centers abroad in Tokyo and Tel Aviv, and a community online at The Virtual Wellness Community. For more information, to volunteer or to make a donation, please visit [www.TwcVv.org](http://www.TwcVv.org) or call 805-379-4777.

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