

FOR COUNTY OF SANTA CLARA EMPLOYEES

# LAUGHTER

— *as Medicine* —

Wednesday, December 8, 2021  
12:00 P.M. - 1:00 P.M.

Laughter impacts our mind-body connection, boosts our mood, and strengthens our immune system.

In this webinar, participants will explore:

- The science and benefit of laughter
- Ways to define true happiness
- Tips and techniques to increase laughter

## Join the WEBINAR

Click on the link or use the dial-in instructions below:

### Microsoft Teams meeting

#### Join on your computer or mobile app

[Click here to join the meeting](#)

#### Join with a video conferencing device

[teams@evc.kp.org](mailto:teams@evc.kp.org)

Video Conference ID: 118 302 400 8

[Alternate VTC instructions](#)

#### Or call in (audio only)

[+1 213-533-9530](tel:+12135339530), [308193413#](tel:+1308193413) United States, Los Angeles

Phone Conference ID: 308 193 413#

Presented by



Employee Wellness Division  
[wellness@ewd.sccgov.org](mailto:wellness@ewd.sccgov.org)  
[www.sccgov.org/wellness](http://www.sccgov.org/wellness)