



Excellence in
The Arts, Music,
Health, Culture &
Leisure

Enroll Now!

HOW TO BRING LAUGHTER & PLAY INTO YOUR WORKPLACE AND PERSONAL LIFE

Do you have a high stress, emotionally-draining job? Laughter and joy *CAN* be brought into the workplace and your life to recharge you, send sadness away and increase your overall health. You will:

- Discover physiological effects of laughter on body
- Learn how laughter is a coping strategy for stress relief
- Experience guaranteed-positive right brain & playful activities to cope with change/adversity in day-to-day life

Trainer: Mel Borins M.D. Family Physician, Associate Professor has been leading workshops on laughter and play for health for the past 20 years. He has extensive experience in Traditional and Alternative systems of healing including Homeopathy, Nutrition & Psychotherapy. Author of *An Apple A Day, Go Away Just For the Health of It* and *Photos and Songs of a Pronoic Physician*.

December 14 **6:00 - 8:00 p.m.**
MCC Kahului • Cost: \$39

Call and register TODAY!

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984-3231