

Lunch Time Laughter



Want something fun to do to kick off each month? Want to reduce stress, increase energy, and improve sleep?

Join CAPS for Lunch Time Laughter the first Monday of each month!

Lunch Time Laughter doesn't require any skill - only the ability to laugh! You will learn the benefits of laughter and be led through laughter exercises. Connect with others and bring some joy into your day - anyone can do it!

No need to sign up, come and bring some friends - the more the louder the laughter!

For questions email Elizabeth_McIntyre@unc.edu [1]

TBD

[Skills and Wellness Groups](#) [2]

Closed

Elizabeth McIntyre, LCSW

Source URL: <https://caps.unc.edu/lunch-time-laughter>

Links

[1] mailto:Elizabeth_McIntyre@unc.edu?subject=Laughter%20Yoga

[2] <https://caps.unc.edu/group-therapy-types/skills-and-wellness-groups>