

Lemonade

and Learn

Empowering Women Present: Laughter for the “FUN” of it!

Date: Thursday, June 18

Time: 1-2:30 p.m.

Location: Hope Ministries Center for Women and Children,
3800 E Douglas Ave. in Des Moines

Join Laugh Coach Nancy Hanna
for a time of energy, smiles, and laughter.

Learn why “laughter is the best medicine” and experience the
joy of laughing as you engage in actual laugh exercises.

Benefits of laughter include adding energy, creativity, and
even better sleep to your world. Picture yourself doing
exercises such as the Cell Phone, the Dance, and the Roller Coaster.

As a former educator, Nancy has always loved
empowering others to be their best. She knows
the positive power of laughter and enjoys
letting others experience its benefits.

Besides training and coaching businesses on the
power of fun and effective leadership, Nancy does
home parties bringing joy and laughter to friends and families.

Contact Nancy at nancyhayhanna@gmail.com or
by calling (515) 777-5247.

