

NATIONAL LAUGHTER DAY!

JUNE 21st



Be a part of the Fun!



Dear Fellow Canadians:

Did you know that June 21st is the first day of summer, the longest day of the year AND **National Laughter Day**?

The National Laughter Day Committee **invites you and your organization to share a laugh with a fellow Canadian** and celebrate this great day with us. In doing so, we hope that you can create a fun day for your employees or members while raising money for your favourite charity.

The following fact sheet briefly outlines some of the events that are taking place in Ottawa and, more importantly, how you and your organization can participate without leaving your premises!

Our goal is to have as many people as possible share a laugh in the "**Be Looney, Give a Loonie**" charity campaign, however, this goal can only be reached with the help of people like you! Please read the following page and contact our committee with questions.

Let's all join together to make June 21st a day of fun, laughter and giving!

Irene Martin, RN

Founder, National Laughter Day

NATIONAL LAUGHTER DAY:



WHY CELEBRATE LAUGHTER?

- Laughter actually has the power to heal.
- It is the shortest distance between 2 people.
- It is an inexhaustible resource that makes you feel good!
- It's FREE!

WHAT IS GOING ON IN OTTAWA TO CELEBRATE?

- "**Be Looney, Give a Loonie**" charity campaign. Participating individuals and groups are raising money for their favorite charities (more info below).
- Irene Martin, a registered nurse, is hosting the annual event titled, "A Spoonfull of Laughter," at the Good Companions Seniors' Centre, where she educates seniors about the importance of laughter and brings in a few special guests, such as Yuk Yuk's comedians. Admission is free, because laughing is free.
- Media attention has been wonderful this year - watch and listen for information.

HOW CAN YOU PARTICIPATE?

- Any individual or group can promote laughter in their residence, workplace and community at large.
- Start the "**Be Looney, Give a Loonie**" campaign at your organization. Be creative! Examples - get people to donate a Loonie for a joke; or have a contest for the funniest hat or t-shirt.



- **Register your Laughter Day activities with us** and we will let the media know where you are and what you're doing for this great day. This could be a great way to promote your group while having fun and raising money for a good cause!

Contact: Irene Martin RN, Laughter Ambassador
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