

# “Laugh for the Health of It” Discover More Joy in Aging



**Presented by Hedda Matza-Haughton, LCSW**  
**May 24 • 10:00 - 11:30 a.m. • \$25**  
**1900 Brother Geenen Way • Dwyer Room**  
**Coffee and refreshments will be served**

Join us for an interactive, fun-filled morning focusing on how you can increase laughter and joy in your daily life. Discover joy in aging and how laughter has positive health outcomes. You will be laughing and at the same time learning the physical and emotional benefits of laughter and joy, including research in this area.

1. Create your own personal list of ways to increase laughter in all aspects of your life.
2. Light-hearted interactions will be enhanced by sharing articles and books that will continue your learning.

**Call 941.556.3263**  
**to register or visit**  
**[centerforagingstudies.org](http://centerforagingstudies.org)**



*Hedda Matza-Haughton, LCSW is an actor, drama director, teaching artist, consultant and health educator who has been integrating drama into her work in schools and other community settings locally and nationally for over 25 years. She has also performed monologues on a variety of life issues, as part of education and prevention programs.*

*Hedda has a bachelor's in sociology/education, a master's in social work, and has studied improvisational drama in NYC. She is the president of "For the Health of It" consultation services and one of the founders and current co-chair of Arts for Health Sarasota-Manatee.*