



# Salutation to the Fun: Laughter Yoga

Saturday, July 9

10 a.m., Barkman Library

Thursday, July 14

7 p.m., Pueblo West Library, King Room B

Saturday, Aug. 27

10:30 a.m., Greenhorn Valley

Unleash playfulness and inspire creativity using Laughter Yoga with the help of Kim Dillon, certified Laughter Yoga leader and teacher. Engage in gentle stretching, clapping and laughter exercises from a seated or standing position and end with guided relaxation.

**EXERCISE**  
*your mind.*  
**READ!**