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Laugh for Your Health with the Orland Park Rec Dept



Learn how to harness the power of laughter to improve your health at the upcoming Village of Orland Park Laugh for Your Health class at the Village of Orland Park Cultural Center.

Open to all ages, the class offers a fun and interactive way to learn about the health benefits of laughter.

Laughter has been used as a method to reduce stress, alleviate pain, strengthen the immune system and lower blood pressure. Register now for classes to be held on Mondays from March 21 through May 9. Cost for registration is \$12 for residents and \$16 for non-residents.

For more information, call Village of Orland Park Recreation Department at (708)403-PARK (7275).