



MANJU SHAHUL-HAMEED  
FOUNDATION

*For Mental Health*

FREE  
ENTRY

# CAKE AND CHATTER OVER LAUGHTER YOGA

Laughter can be used as a tool to get through tough times, whether these are caused by mental changes, physical issues or circumstances in general. Many diseases today are caused by stress and anxiety arising from the conflict in the workplace, and by laughing we release natural chemicals into our body, which lower our stress levels and put us in a much more positive frame of mind, able to cope with work and life outside of work.

ON

SATURDAY, 16<sup>TH</sup> MARCH 2019

2.30PM-4.00PM

Where

St John the Evangelist Church,  
Sylvan Road, London SE19 2RX

Sponsored by



Contact

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\* TEA, COFFEE AND CAKE WILL BE PROVIDED. \* PLACES ARE LIMITED. FIRST COME FIRST SERVED. \*