

**PHC SEMINAR SERIES PRESENTS:****ADDING HUMOR TO YOUR LIFE FOR  
YOUR HEALTH****OCTOBER, 29, 2015 @ 5:30 PM****HANDMAKER OF TUCSON****2221 N. ROSEMONT BLVD**

(GO TO NORTH ENTRANCE &amp; FOLLOW THE BALLOONS TO THE GREAT ROOM)

BEVERAGES & APPETIZERS WILL BE PROVIDED COMPLIMENTS OF  
HANDMAKER**PLEASE RSVP 520 – 547-1661**

Humor and laughter play an important role in the social fabric of our lives. In addition, many health benefits, both physical and mental, are attributed to humor and laughter. Is this because it makes us feel good, or do we also derive long-term benefits? Is laughter truly the best medicine?

Drawing from a life long study of the application of humor, Esther Blumenfeld will examine the relationship between humor and health with a focus on the science behind the claims. She will also share with us some of her personal experiences and ideas on how to bring more humor and laughter into our lives and the lives of those around us.

## Esther Blumenfeld

Esther Blumenfeld is a playwright, humorist and author. She has written several plays and hundreds of humorous articles that have appeared in numerous local and national publications. Esther is a former contributing editor and humor columnist for Business Atlanta Magazine and Accent on Homes and Living Magazine.

In addition, she is the author of seven books with co-author, Lynne Alpern. Esther and Lynne taught a humor awareness course for 10 years at Emory University in Atlanta, GA called "Adding Humor to Your Life."

Esther is a member of the Dramatists Guild of America.

