



www.strengthforlifeNY.org

902 Constance Lane
Port Jefferson Station, NY 11776
EIN 26-0672139

Strength for Life is a nonprofit that provides FREE exercise classes and wellness retreats for cancer patients on Long Island. We were recently told about 'laughing yoga' and wanted to include it into our retreat. I reached out to Barbara Grapstein who immediately agreed to volunteer her time (and enormous talent) to our retreat.

Last weekend on February 27th, our first initiation to laughing yoga became a reality.

HA, HA, Ho-Ho-Ho – YEAH!!!! And they loved it. More than 20 survivors belly laughed till their 'abs' had a great workout. As it goes, laughter is the best medicine and we were given high doses.

I believe I will keep Norman Cousins' quote "Hearty Laughter is a good way to jog internally without having to go outdoors" a **secret**, since our tagline is '*fighting cancer with exercise.*'"

Thank you Barbara, for this welcome respite from the trials of illness and recovery. You have found a few who are inspired to become members of AATH (Association for Applied and Therapeutic Humor).

May the blessings you bestow be returned ten-fold.

~Jacqueline Errico
ED/Co-founder