

For Immediate Release
Talbot Hospice Foundation
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February 23, 2009

'Return to Laughter'
Bereavement support at Talbot Hospice

'Return to Laughter', a bereavement support program which is open to all in the community at no charge, will begin on March 10, 2009 at 11:00 am at Talbot Hospice on Cynwood Drive in Easton.

The 'Return to Laughter' program aims to teach that laughter is therapeutic, with many health benefits; that it is okay to laugh in the face of adversity; that it is possible to develop the habit of finding laughs in everyday life, even at the most difficult times; and that sharing laughter is an especially valuable form of social support that helps in dealing with stress.

Led under the direction of Norma Trax, Talbot Hospice Bereavement Coordinator, the hour of laughter is also an opportunity to meet new friends. Come laugh with us and enjoy this contagious form of therapy.

For more information call 410-822-6681.