

# Media release

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## **LAUGH ANGELES FOUNDATION TO HUMOR LOS ANGELES FOR WORLD LAUGHTER DAY ON MAY 6<sup>TH</sup>, 2007**

**Los Angeles, CA – The Laugh Angeles Foundation invites all to 2007 World Laughter Day on Sunday May 6<sup>th</sup>, at Belvedere Park, Los Angeles. Over 1,000 are expected to attend this free and fun-filled celebration of life through laughter.**

**The Laugh Angeles Foundation** is an L.A. focused non-profit organization at the fore-front of the worldwide Laughter Club social movement, counting over 5,000 laughter clubs in 53 countries. Its goal is to enhance personal health and to promote community well-being through the use of laughter and associated techniques.

**World Laughter Day** is a free, fun-filled community event that celebrates life through laughter and promotes a happier and healthier lifestyle. This event attracts huge crowds worldwide spanning all ages, race and creeds. Laughter is a tremendously efficient way to express and release emotions in a positive manner, and is proven to relieve stress, improve blood flow and digestion, and strengthen the immune system.



**Come join us on Sunday May 6<sup>th</sup>, 2007, 11:30am until 4pm** in Belvedere Park (4865 East 1st Street, Los Angeles, California 90022) to find out why laughter truly is the best medicine!

Our guest of honor is Dr. Madan Kataria, “Guru Of Mirth” and founder of the worldwide Laughter Club movement. There will be health screenings by AltaMed, Caremore and HealthNet, balloons, clowns, jugglers, face painting and musical entertainment by the L.A. Taiko Drummers and the legendary Scott Huckabay in concert. The spotlights are sure to turn on the winners of the 4 laughter competitions that will be held throughout the afternoon: 2007 Best Laughing Man, Woman, Senior and Child in L.A. Anybody can compete. The jury will look for the most infectious, genuine, “heart-warming” laughs.

The 2007 Laugh Angeles Humanitarian Awards will be presented to Dr. Andy Mars the director and founder of Kids Make a Difference Program and Monsignor, Rev. John Moretta, Pastor of the church of the Resurrection in Boyle Heights.

Additional event sponsors include the Los Angeles Metropolitan Authority (METRO GOLDLINE), The United States Post Office and the American School Of Laughter Yoga.

Interested people will have the opportunity to learn more about this powerful and inspiring method of laughter exercises in a two-days training on May 4-5 in Sierra Madre, Los Angeles.

For more information please visit [www.laughangeles.com](http://www.laughangeles.com)

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