

LAUGHTER THE BEST MEDICINE

An overall body tune-up!

Join a one-hour active discussion on laughter. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Let's look at ways to incorporate humor and laughter into the fabric of your life, finding it naturally in everything. And if you can't "find the funny" let's learn to simulate laughter as an exercise and create other opportunities to laugh.

WHEN

**April 21st, 2022
9:45 am – 10:45 am**

WHERE

**Western Region One Source
482 28 Road, Grand Junction, CO 81501**

**FREE TO VETERANS AND THEIR
FAMILIES/CAREGIVERS**

PRESENTED BY

Dr. Edith Johnston



Dr. Johnston has worked in the fields of rehabilitation and counseling for over 30 years. She has served the active-duty military and veterans throughout her career.

Dr. Johnston will be offering one-hour discussions covering a variety of topics once a month at Western Regional One Source.

MOVEMENT FOR HEALTH

**Well-being
Physically, Mentally & Emotionally**

Join a one-hour active discussion on movement to decrease stress, tension, pain, anxiety, anger, depression and lethargy.

Let's explore various forms of movement, simple to involved. Blood flow, breathing, nutrient intake, balance, emotions, flexibility, strength are all about movement, automatic and by choice.

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EASE PAIN WITH A GENTLE TOUCH OF ACUPRESSURE

Balance Physical and Emotional Pain with Self-care applying Jin Shin Acupressure

Join a one-hour introduction on Jin Shin Acupressure. Learn specific holds and points to stimulate the body's energy flow and bring balance and harmony (decreased symptoms) to your mental, emotional and physical systems.

WHEN

**May 19th, 2022
8:30 am – 9:30 am**

WHERE

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LIFE'S EMOTIONS

**Joy, Awe, Contentment, Exuberance,
Happiness, Sorrow, Hurt, Anger, Pain**

Join a one-hour discussion on life's roller coaster of emotions. Life is about experiencing all of our emotions and not getting stuck in one. We want the pendulum to swing and know where and how to return to center, balance, calm. We can benefit from expanding our emotional language and intelligence. And yes, our head and heart are connected to our toes. Come dip your toes in that murky water of emotions.

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