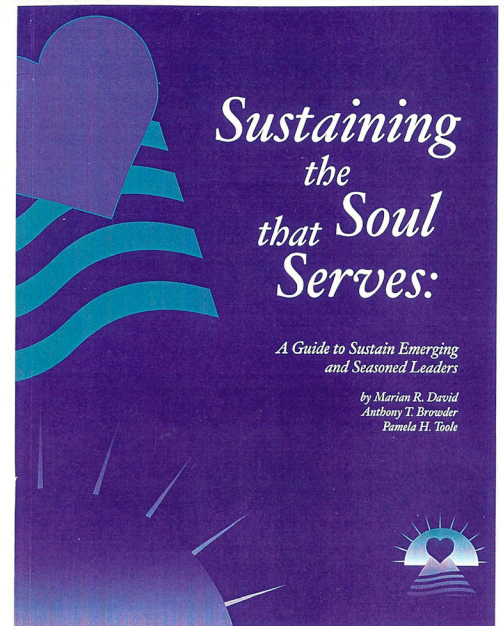


# Health & Wellness

*Sustaining the Soul through Humor & Laughter*



**South Bend Tribune**  
Laughter prescribed for cancer victims, families



*Your program was the highlight of the evening, indeed of the entire training. Your joy was infectious and happily, we all caught it!*

Marion David, Director  
Sustaining the Soul, Washington D.C.

**We have presented hundreds of programs promoting health, wellness and the healing power of humor.**



**STATE-TIMES**  
**Baton Rouge**  
**Being happy is healthy**

By Annette Reynolds/  
State-Times writer

**N**EW ORLEANS — Keep your mind free of litter by laughing. “Laughter cleans out your system,” said Kay Caskey, an expert on laughter’s capacity to heal physically and mentally.



**W**

**We have taught classes for Western Michigan University’s Holistic Health program for many years and in 2010 were named to the Outstanding Alumni Academy.**

**TRAVERSE CITY**  
**RECORD-EAGLE**  
**Seminar promotes benefits of laughter**



Special thanks to Kay Caskey & Laurie Young of Laughter Works for their invaluable research and support for this project.

**We served as consultants and occasional trainers for this Washington D.C. based organization committed to supporting emerging and seasoned “servant leaders”.**