



Thank You...for the opportunity to share laughter with you!

CONTACT INFO: Please don't hesitate to reach out if you have questions or if I can be of any help to you.
Sarah Routman - Laugh for the Health of It, LLC DBA Laugh Healthy www.LaughHealthy.com
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Additional Laughter Opportunities

- **Laugh with Me Every Monday** 9am CST for 20 minutes
CALL: 218-339-2460 CODE: 52844# (LAUGH#)

Email me to be added to the list to receive a reminder email on Sundays with additional Laughter Resource information.
sarah@LaughHealthy.com

- I'm live **EVERY DAY on Facebook** 1:00PM CST for 20 minutes - watch here:
<https://www.facebook.com/LaughWithSarah>

Write a Review
Your review helps me share more laughter.
<https://bit.ly/TellMeWhtUTHINK>

- **Social Media Links:** If you like what you see, your likes, comments and shares are always appreciated.
Facebook <https://www.facebook.com/LaughWithSarah>
Linkedin <https://www.linkedin.com/in/sarahroutman/>
Instagram <https://www.instagram.com/laughhealthy/>
Twitter <https://twitter.com/LaughHealthy1>
YouTube <https://www.youtube.com/channel/UC4b3DmYk2F8mJ5ctXcBWUcA>
TikTok <https://www.tiktok.com/@laughhealthy?lang=en>
ClubHouse @laughwithsarah

Products

To order 10 FREE **Laugh Now Cards**, visit: www.thelaughterbook.com



The hope is that the card will serve as a reminder to laugh regularly throughout your day. Keep one to put in a special place where you will see it often. Give the rest away to family, friends or strangers. We'd love to include you in our gallery, too, so don't forget to send a photo of yourself (alone or with friends) showing us how you are participating in the 'The Laughter Movement' as you help us spread more laughter around the world.

'thoughtpops'

If you have something to say and want to be heard or noticed on virtual meetings or calls, there's nothing better than expressing yourself with *'thoughtpops'*! To order *'thoughtpops'* visit: <https://craysthoughtpops.com/>
At checkout, when asked how you learned about them, please put LaughHealthy. Choose from over 50 designs - some you can color! Contact Sarah@LaughHealthy.com to customize a set of *'thoughtpops'* that reveal your special personality.

Coloring Books and Laughter Planner—We've got the perfect gift to help you add laughter to any occasion. Let us know how we can help. Visit: <https://www.laughhealthy.com/products>