

PRESS RELEASE World Laughter Day 2019

FOR IMMEDIATE RELEASE- PHILADELPHIA AREA WORLD LAUGHTER DAY CELEBRATION 2019

Event Date: May 5, 2019 For more information, contact Alexa Drubay at 215 478 5669.

Media, PA -- It's official! Mayor Bob McMahon has signed a proclamation pronouncing Sunday, May 5th- World Laughter Day in Media, PA!

People in multiple countries celebrate World Laughter Day (WLD) on the first Sunday in May. This annual celebration was created in 1998 by cardiologist Dr. Madan Kataria, founder of Laughter Yoga (an internationally-acclaimed exercise and wellness movement). Today, after 24 years, Laughter Yoga is practiced in 108 countries by members of over 16,000 laughter clubs. WLD events are being celebrated in Paris, Tokyo, Sydney, Toronto, Berlin, Frankfurt, Taipei, Rome, Hong Kong, and other cities. The celebration of World Laughter Day is a positive manifestation for world peace and is intended to build a global consciousness of unity and friendship through laughter.

Come join the fun at our **Philadelphia Area World Laughter Day Celebration** on Sunday, May 5th, 2019 from 2:00-4:00 PM. The [Laughter Yoga Club of Delaware County](#) is hosting this event in the Amphitheater at Rose Tree Park, 1671 N Providence Rd, Media, PA 19063. This is a free, family-friendly event for everyone in the community and region to experience the joy, stress-reduction, wellness, and well-being from participating in a Laughter Yoga session.

We will begin with opening remarks at 2:15PM. Laughter Yoga pros from the area will lead the session from 2:30-3:30PM. The program will end with a mindfulness meditation focusing on world peace through laughter. No experience is necessary, and there are no poses or special equipment involved. Wear comfortable clothing, and if you need seating, please bring a chair. You are welcome to invite friends, too - the more, the merrier! Water bottles and healthy snacks will be provided, courtesy of our generous sponsors:

Repatriation Group International (RGI) <https://www.repatriationgroup.org/>

Amplify Snack Brands, makers of SkinnyPop Popcorn <https://amplifysnackbrands.com/>

Trader Joe's <https://locations.traderjoes.com/pa/media/637/>

Herr's <http://www.herrs.com/>

Wruff Wryder Productions, LLC <https://www.wruffwryderproductions.com/>

Delaware County Dept. of Parks & Recreation <http://www.delcopa.gov/departments/parks/index.html>

The Unitarian Universalist Church of Delaware County <http://uucdc.org/>

In case of rain, we will meet around the corner from Rose Tree Park, at the Unitarian Universalist Church, 145 W. Rose Tree Park in Media, PA. The church requests a donation of \$3.00 from each participant.

Philadelphia's First Citizen, Benjamin Franklin, declared over 250 years ago: "Those who laugh often, never grow old"; and it has been known for centuries that "Laughter is the best Medicine."

"In Laughter Yoga, we don't laugh because we are happy. We are happy because we laugh."

- Dr. Madan Kataria

"Laughter is a force for democracy." - John Cleese

"Laughing in full abandonment is good for your health." - Dalai Lama

"Trouble knocked at the door, but, hearing laughter, hurried away." - Benjamin Franklin

RSVP [Eventbrite](#) For more information about other World Laughter Day events, visit www.laughteryoga.org. For the Philadelphia Area event, contact Alexa Drubay, [215 478 5669](tel:2154785669) alexa@laughteryogawithalexa.com
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