

Laughter, The Best Medicine

It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

SEPTEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Closed	3	4	5 Staff@2	6 Summer Breeze Concert	7
8	9	10	11	12 Golf Ball Drop	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2	3 Staff@2	4	5 14TH Run Vendor Outreach
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2



Announcements

- The Center will be closed September 2nd to celebrate Labor Day.
- Our staff meeting will be held the afternoon of 9/5 and 10/3 and will be closed to patients those afternoons.
- Like and follow us on [Facebook](#) and [Instagram](#)! Sharing our information to others is one easy way to bring awareness of our organization.
- Now that the fall semester is here, please update any changes of your phone, email, or volunteer hours with Susan Dunn.
- Upcoming Events: If you can volunteer your time at any event let us know!
 - Summer Breeze Concert 9/6 from 6-8pm on DoG Street.
 - 2nd Annual Golf Ball Drop 9/12 at 5pm at the Ford's Colony Putting Green.
 - Here For The Girls is having their annual 5K 10/5 and we will have a vendor table staffed from 7-11am.

Please let Susan Dunn know if you can volunteer for any events or if your contact/commitment info has changed at susan.dunn@jamescitycountyva.gov.