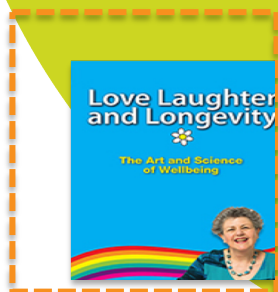


Janni Goss

- Wellbeing Matters



Thursday 1st of November 2018
6:30pm – 7:45pm
Wanslea Room, Cancer Wellness Centre
80 Railway Street, Cottesloe, 6011

A brief informal support gathering will follow

For this special event, Janni will lead an interactive presentation on the health benefits of Laughter and Laughter Yoga, and share wellbeing strategies based on her book *Love, Laughter and Longevity – the Art and Science of Wellbeing*.

Learn how to Outsmart Stress, increase your Laughter Quotient (LQ) and improve your health and wellbeing.

Janni is widely known for her presentations which are inspiring, interactive, informative and fun.

Janni Goss is the President of LaughWA Inc, and has been affectionately known as *The Laughter Lady* since 2001

Janni Goss is a Conference Speaker, Wellbeing Educator and Author specialising in sustaining wellbeing and taking responsibility for one's health throughout life.

Janni has presented at numerous international, national and state conferences, as well as at corporate events and professional development seminars, health and education seminars. She is invited to present at women's, carers and seniors' organisations, retreats, fundraisers, expos and AGMs.

Janni is a qualified physiotherapist and Feldenkrais practitioner, and a former lecturer at the School of Physiotherapy in Western Australia.

Testimonials from participants at Janni's August mWA workshop:

- *Always wanted to attend a laughter workshop. Thoroughly enjoyed it and can see so many applications.*
- *Surprised at how easy it was to get involved.*
- *Was a great session, learnt some easy techniques to laugh.*
- *Pleasant education on an action we can do any time.*

This special presentation is proudly hosted by melanomaWA

RSVP: The event is free, but we'd like to know how many people to expect. Please register before 31 October via email: admin@melanomawa.org.au or by calling: 9322 1908.



melanomawa
AWARENESS & SUPPORT

A very short support gathering will follow the workshop