

CITY OF FOUNTAIN VALLEY

10200 SLATER AVENUE, FOUNTAIN VALLEY, CA 92708

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PRESS RELEASE

Raymond H. Kromer, City Manager _____

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The Healing Power of Humor Fountain Valley Senior & Community Center

Join us for this two hour presentation which reviews the psychological and health benefits of humor, and provides you with the opportunity to see the positive in everyday living. Bring an appropriate joke or two, share some smiles, creative-thinking techniques, and small group interaction. The workshop will be held September 12, 2011, from 10am to 12pm. The seminar will be lead by Ellis Waller. This seminar is sponsored by Orange Coast Memorial Medical Center.

The seminar will be held at The Center at Founders Village Senior and Community Center, 17967 Bushard Street, Fountain Valley. To register for this FREE workshop, for Seniors 55 and older, please call 714-593-4446 or sign up at The Center's Front Reception Desk.

For additional information on this program and other recreation activities, please call the Fountain Valley Recreation and Community Services Division at 714-593-4446 or visit our website at www.fountainvalley.org.

Recreation and Community Services – Promotes Health and Wellness