



Mid-Week Lunch N' Laugh

FREE
Summer Weekly
Zoom Drop-In Group

When: Every
Wednesday in July and
August

Time: 12-1:30 PM



“Laughter is the best medicine in the world” Milton Berle

“Let food be thy medicine, thy medicine be thy food” Hippocrates

“I couldn’t get the laughter out of my head. It wasn’t career. It wasn’t even a choice. It was a calling” Carol Burnett

“A day without laughter is a day wasted” Charlie Chaplin

Bring your dish of choice and let’s eat and laugh together over zoom.

To register or ask any questions email peermentors@cmhahrb.ca

Please include a phone # where you can be reached



**Canadian Mental
Health Association**
Halton Region Branch
Mental health for all