

LAUGHTER: THE BEST MEDICINE

Kristin Briggs, MSN, RN
PHNICE
Office of the Chief Public Health Nurse

Liza Engstrom, MPH
Senior Executive Assistant
MiracleFeet



Who said smoking kills?



I'm 48 and still feeling good.

- Stimulate many organs
- Activate and relieve your stress response
- Soothe tension

SHORT-TERM BENEFITS

- Improve your immune system
- Increase personal satisfaction
- Improve your mood

LONG-TERM EFFECTS



IMPROVE YOUR SENSE OF HUMOR



**"I lost my job at the gym. I just
wasn't working out."**

PUT HUMOR ON YOUR HORIZON



SHARE A LAUGH

An infectious disease enters a bar. The bartender says, "We don't serve your kind in here."
It replies, "Well, you're not a very good host."



**BEING A
PUBLIC HEALTH
SPECIALIST
IS EASY...**

**IT'S LIKE RIDING A BIKE.
EXCEPT THE BIKE IS ON FIRE.
YOU'RE ON FIRE.
EVERYTHING IS ON FIRE.**

**LAUGH AND THE WORLD
LAUGHS WITH YOU**

LET'S PRACTICE!

