

March 9, 2021

## Press Release: Laughter Yoga on We're All In This Together, the Web Series for Seniors

As we reach the one year anniversary of the pandemic, the team behind **We're All In This Together** wanted to launch an episode reminding viewers of the benefits and importance of laughter in keeping our spirits up! Join us on YouTube on **Friday, March 12 at 6pm** for the launch of **Laughter Yoga with Liliana**.

### Laughter Yoga with Liliana

Give your funny bone a workout during our next episode of Laughter Yoga with Liliana, which launches on Friday, March 12 at 6pm! Did you know that laughter offers the same workout as 100 sit ups? From the Cheerleader Laugh to the Corona Virus Crush Laugh, learn how to get your giggles going even when you're feeling blue. Watch the episode for **a chance to win an autographed copy of Québec stand up comedy sensation Sugar Sammy's bestselling dvd "You're Gonna Rire"**! Look for a post this Friday, March 12 at 6pm on our We're All In This Together Facebook page for contest details on how to win!

Each **bi-weekly** episode of the 18 episode web series, directed by Montreal-based, award-winning filmmaker Bobbi Jo Hart, features entertainment, activities and conversations **designed to connect with those in need of support and empathy... with a gentle reminder that we are, indeed, all in this together**. Episodes released so far can easily be found on [YouTube](#) (Search key words "We're All In This Together Senior Web Series") and [Facebook](#) (Search "WereAllInThisTogetherQuebec"), and are available for anyone to enjoy.

This is also a great opportunity to take a moment to be sure that the seniors around you are able to access the internet, so that they are able to take advantage of all the online resources available to them.

### CONTACT

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### ABOUT

**Seniors Action Quebec** works to maintain and enhance the vitality of English-speaking Quebec seniors. All efforts will identify and address challenges and issues to promote a healthy and active lifestyle for English-speaking seniors.

**The English Language Arts Network (ELAN)** is a meeting place for English-language artists and cultural workers of all disciplines from every region of Quebec, where they can share expertise and resources, build audiences and alliances, seek support, advocate for their interests, and make common cause with the Francophone arts community.