



30 October 2014

A barrel of laughs a day keeps the doctor away

Lowering blood pressure and strengthening the immune system by laughing your way to a healthier life will be the focal point of this year's Seniors Week celebrations at the Nedlands Community Care Centre on 13 November.

Local senior community members can learn to laugh their way to a healthier life while adding life to their years with a Laughter Party and morning tea to celebrate Senior's Week and positive ageing through the Nedlands Affinity Club.

Nedlands Community Care Centre's Community Services Officer, Patricia Jamieson, said: "For the seniors in our community, laughter is the best form of medicine. A laughter party is a great way to get the seniors in our community together and try something different that has proven health benefits and acknowledge seniors week and positive ageing. We invite all seniors in our community to come along and enjoy a free morning tea and bring a smile.

For some elders in our community, the Affinity Club at the Nedlands Community Care Centre is the only contact they have with other people outside of their family networks. We all need a good laugh. Laughter contributes to our resilience and ability to bounce back from daily stress."

Laughter yoga is an aerobic exercise which turns fake laughter into real laughter. In a group dynamic this becomes contagious. The beauty is the brain can't tell the difference and produces endorphins which makes us feel good and boosts the immune system.

Laughter has been proven to have many positive health benefits. It can counter stress and pain. A good laugh can help us to enhance our relationships with our partners, friends, neighbours and colleagues. It also increases our wellbeing and productivity in the work place and around home.

Laughter is also a beneficial and low impact form of aerobic exercise. It increases our oxygen supply to the brain, burns calories and stabilises blood sugar levels, strengthens the immune system, lowers blood pressure and produces a feeling of wellbeing.

"These are really important health benefits of many seniors who may suffer from high blood pressure, diabetes, depression or anxiety. For some people it is a form of low impact exercise that they can do, especially if they are not able to get out as often as they would like to exercise," added Patricia.

The Laughter Party and Morning Tea will be held on Thursday 13 November at 10.30 am in Dalkeith Hall. 97 Waratah Ave, Dalkeith.

Nedlands Community Care Laughter Party was proudly supported by funding from COTA WA, Lotterywest and the Department of Local Government and Communities under the Seniors Week Community Grants Program.

For more information please contact the City on 9273 3500 or council@nedlands.wa.gov.au

About the City of Nedlands

The City of Nedlands is situated 7km from Perth and stretches from the banks of the Swan River to the edge of the Indian Ocean. A population of over 21,000 live in the suburbs of Nedlands, Dalkeith, Mt Claremont, Swanbourne, Karrakatta, and parts of Floreat and Shenton Park.

For further information please contact communications@nedlands.wa.gov.au or 9273 350