

Seniors line up for a dose of laughter



Denise Sheffield, Ray Burge, Andrea Riviera and Brian Smith are laughing all the way to the Durham Green open day. Picture: IAN SVEGOVIC

DAVID CAMPBELL

LAUGHTER is considered, by some, to be the best medicine, and on Saturday at Durham Green it really will be.

The Menangle retirement village, as part of its Seniors Week celebrations, will host well know laughter strategist Helene Grover at an open day.

Ms Grover said she was looking forward to sharing some of the great benefits and activities laughter can have for people.

“We constantly hear how many people are stressed and struggle to cope with everyday living,” she said.

“Well, changing your attitude and understanding how to laugh can bring great benefits to your approach to life.

“Remember there ain’t much fun in medicine but a lot of medicine in fun.”

Durham Green managing director Maurice Tulich said people needed to laugh, especially with the world’s present economic climate.

“Whilst there are very serious issues in the world at the moment, we felt it would be good to ask Helene to share some of her insights into how laughter can help people in their work and relationships,” he said.

The open day will include two laughter workshops at 11am and 1.30pm, a barbecue hosted by C91.3FM and tours of the village in golf buggies.

Details: 1800 469 828.