

International Conference on Geriatrics & Gerontology

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Laughter is the best medicine” an interactive and research based approach to reducing stress

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Learn 2 Laugh Inc, USA

In this interactive seminar, the author will share new research that confirms laughter as an alternative means for better health, increasing work productivity, improving work place moral, team building and communication. In addition, the presenter will cover how one can improve their health by simply laughing. Audience members will engage in fun, new exercises and ice breakers, proven to not only boost the immune system and improve health. The exercises consist of laughing and breathing without jokes, humor or comedy. The laughter yoga trend recently had media coverage by CNN and The Discovery Channel. Audience members will learn how to incorporate laughter into the classroom and workplace. Dr. Kataria has researched laughter in the work place. He has studies that prove changes in health by simply laughing. Research has also shown how it improves our social well-being. During tough economic times many are stressed. This presentation will teach audience member how something so simple as laughing can help to change the world we live in.

Biography

Gene Haynes has Bachelors in management, MBA in Business administration/technology management and is currently pursuing a Doctoral degree in Education. Since receiving certification as a Laughologist in 2011 Gene has focused his mission to spread knowledge within the health community, how laughter can improve company moral, enhance the corporate culture, build team work, elevate communication, increase workplace productivity and increase individual's health through something as simple as laughter. Gene is currently a College Professor of Business and (CEO) Chief Executive Officer of Learn 2 Laugh Inc. He has experience as a College Dean, mystery shopper, online instructor, corporate trainer, and project manager.

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