



**Bolsover Library  
Connects**



**Funded by  
UK Government**

# Loosen up with Laughter

**Friday 14th February 10am—11:30am**

**At Bolsover Library**

**Are you in need of a pick me up?**

**Come to our Laughter Therapy session**

**Laughter, fun games,  
breathing and meditation**

**This is a free event with refreshments provided. To book phone  
01629 537800, or**

**07580 823897 or email [maria.coupe@derbyshire.gov.uk](mailto:maria.coupe@derbyshire.gov.uk) or ask at  
the library.**



