



# The Language of Laughter

## The Benefits of Laughing

A good laugh can boost your mood, strengthen your relationships, and benefit your health. Learn about the power of humor in life. Contact us today!

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### LET US HELP

**TOLL-FREE:** 833-549-3277

**WEBSITE:** [www.cmgassociates.com](http://www.cmgassociates.com)

**PASSWORD:** Newton

**YOUR EMPLOYEE SUPPORT PROGRAM**

**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**