

## Engage With Age Program

Engage with Age is a two-year partnership, initiated and funded by Southminster, in collaboration with UNC Charlotte and the Renaissance West Community Initiative to help decrease social isolation among elders in community and increase opportunities for intergenerational engagement.

### Laughter is the Best Medicine

Medical science has proven the importance of laughter and its benefits to emotional and physical health. In this workshop presented by the North Carolina Baptist Aging Ministry, you will be explore ways to choose laughter and intentionally increase happiness in life.



**WHERE:**

*The Great Room at The Retreat  
3240 New Renaissance Way*

**WHEN:**

*Tuesday, June 18th, 2019*

**TIME:**

*2:00pm—3:00pm*

**RSVP at the NEW Engage With Age  
Program Line!  
704-714-3800**

***There is no cost to attend, but you must  
register in order to participate.***



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