

# Link up yoga for a smile on your dial

By CATE McDOWALL

LAUGHTER was certainly the best medicine when more than a dozen people attended a special yoga session in Armidale yesterday.

Organised by New England North West Ability Links' Wae Jae Tan, the Laughter Yoga event aimed to reduce stress, boost self-esteem and improve moods through some old-fashioned belly laughs.

"It's just really good for health and wellbeing and enjoying laughter," Mr Tan said.

"The sessions were also a good chance for people to make new friends," he said.

Mr Tan wants to continue free classes to help people build new relationships.

"The Links program is trying to bring different people from all across the community together," he said.

People from all backgrounds can engage in the class regardless of their level of fitness.

There is hope to make the whole city giggle with Hunter New England Health facilitator Aditya Menon wanting classes to continue across the region.



GETTING HAPPY: Wae Jae Tan and Aditya Menon.

It is one of the programs offered by Ability Links aiming to provide social inclusion for people with disabilities between the ages of six and 64 and their supporting families and carers across NSW.

Ability Links offers assistance in areas such as recreational activities, education, transport and employment.

The feel good sessions in Armidale will continue at the House With No Steps Hub on April 23 and 30 at 11.30 am to 12.30pm.

For more information contact the Ability Links Armidale office on 6711 1209.