



Use It or Lose It: Humor and Aging
Mary Kay Morrison

Description of Workshop

Want to live longer and have more fun? This is your lucky day! Step right up for a sure-fire remedy guaranteed to increase your energy and vitality while adding years to your life. You will be amazed at this research-based "Humor Tonic" treatment. This interactive session with author and educator, Mary Kay Morrison will explore the most current humor research and share strategies to incorporate more laughter into your life.

Warning: This tonic is highly contagious. If your laughter lasts for longer than 4 hours, share it with your health care provider. Side effects may include incontinence, bellyaches and exhaustion from constant laughter. Do not miss this opportunity to see if humor and laughter are right for you!

Competencies/ Objectives

- Participants will be able to compare the differences between the research-based benefits of laughter, happiness and humor.
- Participants will explore the value of play as it relates to mental illness.
- Participants will be able to identify the benefits of laughter as a therapeutic intervention for the aging process.
- Participants will be able to identify humor strategies to use to become super-agers.
- Participants will be able to define several ways to cope with age related challenges. This session explores the research on the benefits of humor for aging.

*Mary Kay Morrison is the founder and director of [Humor Quest](#). She has been providing staff development on the health benefits of humor, play and laughter for over 40 years. Her books are the foundation for numerous university humor studies classes. Mary Kay is past-president of AATH (The Association for Applied and Therapeutic Humor) and founder and director of the AATH Humor Academy graduate program and CHP (Certified Humor Professional) course. She is the recipient of the 2016 AATH Lifetime Achievement Award. Her mission is to share the health benefits of humor play and laughter and is reflected in her new book: *Legacy of Laughter*.*