



Legacy of Laughter: Grandparent Guide and Playbook

Mary Kay Morrison

Session Description

This session designed especially for grandparents who want to live longer and have more fun with their grandkids. Based on Morrison's best-selling playbook book, this session has ideas guaranteed to increase your energy and vitality while with those precious grandkids. . Ageism permeates our views and limits our perspectives. You will be amazed at how play can add years to your life. Emerging research from [Mayo Clinic](#) confirms the many psychological and physiological benefits of laughter. Play is a trigger for laughter and is the secret ingredient for optimal mind/body well-being. Unleash your grandparent superpowers and leave a legacy of laughter for your grandkids.

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

Competencies/ objectives

- Participants will explore the research-based health benefits of play, laughter and humor in time spent with their grandchildren. .
- Participants will analyze the impact of ageism in society and on individual lives.
- Participants will be able to define and experience humor in terms of "seeing funny" rather than "being funny".
- Participants will be able to define ways to play with their grandchildren.
- Participants will identify strategies to use to incorporate humor as part of their well-being.

*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: A Grandparent Guide and Playbook*.*