



# Cornerstone Services, Inc.

Administrative Services  
Residential Services

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October 21, 2008

Mr. Rick Hauser  
"Chicago's Laughter Doctor"  
2 E. Prairie Ct  
Hawthorn Woods, Il 60047

Dear Rick,

I attended the IARF conference last week in Peoria, and I thoroughly enjoyed your session on Laughter Yoga. I did not know what to expect, and I was skeptical entering the session, but I decided to keep an open mind. I found myself becoming immersed in your techniques and by the end of the session I was embracing the value of Laughter Yoga. Laughter Yoga provides a cardiovascular workout and it is a lot of fun. I believe everyone should try this. Your session caused everyone to leave their comfort zone, which I believe is valuable from time to time. I felt much better physically and mentally after the session.

I would recommend that everyone at least try Laughter Yoga. After the session, I was explaining your program to my wife and performing your techniques to my wife and daughter. They laughed and laughed and could not believe that dad was doing this. I believe laughter is therapeutic, and everyone should try to invoke laughter into their everyday life. Life is precious and it should be enjoyed to its fullest.

Rick, I want to thank you for presenting at the IARF conference. I would highly recommend that you come back to the conference next year. I wish you the best.

Sincerely,

Benjamin T. Stortz  
Vice President / Chief Administrative Officer

PRESIDENT/CHIEF  
EXECUTIVE OFFICER  
James A. Hogan



A  
United Way  
Agency

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