

HEALTHY DARWIN

Healthy Lifestyle Workshops & Short Courses 2026 Dry Season

Laughter Wellness Workshops

Laughter Wellness sessions are a joyful way to boost your mood, relax your body and connect with others in a supportive and welcoming space. Through simple breathing techniques, gentle movement and playful laughter exercises, these sessions help reduce stress, increase oxygen flow and leave you feeling lighter, happier and more energised. You don't need a reason to laugh — your body receives the benefits whether the laughter starts naturally or through the guided activities, making it accessible and enjoyable for everyone.

These sessions are facilitated by Stacie Ashlett, an experienced laughter wellness leader who has been running laughter-based wellbeing programs for many years. No experience or fitness level is required — just bring yourself and a willingness to have a laugh.

First Tuesday of each month

07 April 05 May 02 June
07 July 04 August 01 September

6:00pm - 7:00pm

Nightcliff Foreshore - Sunset Park

No bookings required!

Contact: Stacie

P - 0416 592 445

E - Stacie.Ashlett@gmail.com

To find out more about this activity,
contact the instructor directly.

FREE to attend!



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