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Laughter is the Best Medicine

It's also contagious...the good kind!

Laughter, it's said, is the best medicine. And there's lots of evidence that laughter does lots of good things for us.

It reduces pain and allows us to tolerate discomfort.

It reduces blood sugar levels, increasing glucose tolerance in diabetics and nondiabetics alike.

It improves your job performance, especially if your work depends on creativity and solving complex problems. Its role in intimate relationships is vastly underestimated and it really is the glue of good marriages. It synchronizes the brains of speaker and listener so that they are emotionally attuned.

Laughter establishes -- or restores -- a positive emotional climate and a sense of connection between two people. In fact, some researchers believe that the major function of laughter is to bring

people together. And all the health benefits of laughter may simply result from the social support that laughter stimulates.

This information was taken from article on [Psychology Today](#) simply because I couldn't have said it better myself.

In times like these, which are ones where we are stuck at home, or stuck driving between work and home and that's it. We all could use a little laughter. So I hope you don't mind, but this edition of our newsletter will hopefully do just that...make you laugh or at least chuckle a bit.

If there's one thing I love about Auburn, it's that as a community we always come together. Best way I can think to do that is to take a moment and get those endorphins going and laugh a little. ENJOY!

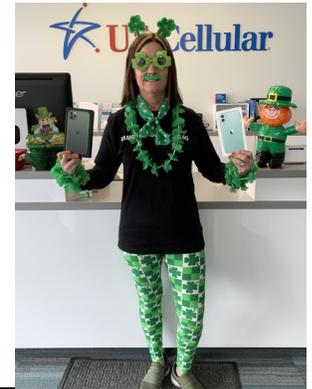
**Life is short, so do
 what makes you
 happy. Be with those
 who make you smile.
 Laugh as much as you
 breathe, and love as
 long as you live.**

What's Coming Up For The Chamber?

St. Jude Spare Change Challenge: Money being held in quarantine to be calculated and given to St. Jude's at a later time.

“Show Us Your Green Contest”

Grand Prize Winner: Kim Buchmeier A-1 Cellular



Auburn Chamber of Commerce Presents:
The CHAMBER
Sequence
 SATURDAY APRIL 4TH, 2020

POSTPONED

Enter for your chance to win a Motiv Tank Blitz



Ticket prices start at:

1 for \$1

7 for \$5

15 for \$10

35 for \$20

Cash Only

You can still purchase tickets...just let Nate & Jeni know when you're ordering your to-go orders through this time.

STAY TUNED AS WE HOPE TO RESCHEDULE THIS SUMMER!

April 2020

CANCELLED!

Please follow our Facebook for updates as they become available. We will do our best to provide you with the most current information that is given to us.

Feel free to email us at auburnchamberofcommerce@gmail.com if you have any questions or information to help us keep things updated.



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NEWSLETTER WILL
BE BACK TO
NORMAL**