



General Federation of Women's Clubs of Massachusetts  
T Jablanski, President



**A NOTE FROM:** Nancy Coughlin  
Mary Kemp  
President's Special Project Co-Chairmen

**Stress Relief from Laughter? It's no Joke!**

There are many ways that laughter can be helpful to our mental health. For the Annual Meeting, we are looking for a few members to help everyone's mental health by telling us a short, funny story; fact or fiction!

The key word is **SHORT**; no more than 300 words.

You can submit your story to President's Special Project co-chairmen, Nancy Coughlin

([nacoughlin@outlook.com](mailto:nacoughlin@outlook.com)) and Mary Kemp

([kemphome1@gmail.com](mailto:kemphome1@gmail.com)) by April 1, 2023. Stories will be reviewed and three picked to be presented at the GFWC MA Annual Conference on May 5 & 6th

