

# The Laugh Mobile Program

## This program offers you:

- **A comprehensive training program in humor therapeutics**
- **A mobile humor media library**
- **Ongoing support from Carolina Health & Humor Association (Carolina Ha Ha), founder of the Duke Humor Project**
- **Optimal utilization of the valuable volunteer talent in creating a fun and caring culture with patients**
- **A focal point that shows your health care institution cares about patient, staff, and community relations.**



Since 1987, the Laugh Mobile has been a successful component of the Duke Humor Project, Duke University Medical Center, Durham, NC. Laugh Mobile volunteers are trained for placement through the Cancer Center. In 2002, a new Laugh Mobile

program was started with Rehabilitation patients at UNC Hospitals in Chapel Hill, NC. Carolina Ha Ha has assisted medical centers across North America to implement humor therapy programs.

The goals of the Laugh Mobile Program are:

1. To educate staff, patients, and their families on the use of humor as a coping strategy
2. To improve physical functioning and support healing through encouragement of laughter
3. To provide a catalyst for important patient-to-staff communication
4. To provide a significant tool for pain management
5. To offer a pleasant and lighthearted recreational resource which assists in the healing process and quality of life

## The Laugh Mobile Program

The components of this program:

The Laugh Mobile cart: \$1200 plus taxes.  
Delivery of the Laugh Mobile is additional.

Laugh Mobile Starter kit: \$200  
(Books, props, and audio and video tapes)

Consulting onsite at UNC or Duke (observe the inpatient and outpatient program operating)  
\$500 for consultation

Staff in-service training for volunteers and interested persons. The program is customized to suit institutional needs.

\$2000 for the 7 hour in-service training  
(Training materials and travel expenses additional.  
Arrangements for a fund raiser presentation by Ruth Hamilton can also be made.)

Ruth provides on-going telephone consulting throughout the year of purchase is included in this program.

**Find out more about the Laugh Mobile Program, contact:**

**Ruth Hamilton, Executive Director  
Carolina Health & Humor Assoc.  
(Carolina Ha Ha)  
265 West Hwy. 54, Suite 161  
Durham, N. C. 27713**

**Phone: 919.544.2370**

**Fax: 919.544-9627**

**E-mail:**

**cahaha@mindspring.com**

**Web sites:**

**[www.cahaha.com](http://www.cahaha.com)**

**[www.thehumorcollection.org](http://www.thehumorcollection.org)**





**Ruth Hamilton, MA Ed.**

**Carolina Health & Humor Association, Inc.**  
**Ruth Hamilton, Executive Director**  
**265 West Hwy. 54, Suite 161**  
**Durham, NC 27713**  
☎ 919.544.2370 Fax: 919.544.9627  
e-mail: [cahaha@mindspring.com](mailto:cahaha@mindspring.com)



Ruth Hamilton is Executive Director and Founder of Carolina Health & Humor Association (Carolina Ha Ha.) Since 1986, Carolina Ha Ha has served as an educational service agency dedicated to promoting humor in health care, in business, and in education. One humor outreach project of Carolina Ha Ha that Ms. Hamilton established is the Laugh Mobile Program at Duke University Medical Center in Durham, N.C. As a joint program with Oncology Recreation Therapy, the Laugh Mobile offers humorous media and interventions to cancer patients through the talents of skilled volunteers. Carolina Ha Ha has established humor programs using the Laugh Mobile model throughout America.

Ruth published the book Laugh Lines in 2001, which offers wise and witty quotes and over 50 cartoons drawn by cartoonist Ethan Wenberg. This book is especially intended for medical center waiting rooms and is available on the website: [www.cahaha.com](http://www.cahaha.com).

As a motivational humorist, Ruth Hamilton speaks widely to audiences on the healing power of humor. She enjoys helping everyone discover and use their humor talents to creatively strengthen communities and institutions. Ruth's primary objective is that workshop participants will find their best way to serve and use their humor and creative talents to brighten the lives of everyone.

## The Laugh Mobile Program



**“Creating joy with humor”**  
**The Laugh Mobile Program offers:**

- Programming for creating a fun culture in medical centers
- Staff and volunteer training in humor therapeutics
- The handcrafted oak display cart
- A Laugh Mobile Starter kit