

Media Release

7 February 2024

For Immediate Release



Laughter at the Lake 2024

To celebrate NSW Women's Week and International Women's Day, Melbourne comedian Tracy Bartram brings her joyful Laughaholics Experience to the Lake Woorabinda Festival in Hillston!

This is a FREE event for WOMEN and GIRLS.

Come and enjoy the company of other women while being guided through easy, gentle and fun laughter exercises by The Laughaholics Experience creator and facilitator, Tracy Bartram (www.tracybartram.com.au).

This is a fun and safe activity that will tickle your funny bones, relieve stress and take years off your life *cannot guarantee this last claim*.

Just come with a smile, a willingness to be silly and to connect with other women as we celebrate NSW Women's Week and International Women's Day and the wonderful Hillston and surrounding communities.

"I fell in love with Hillston when my fiancé and I came to the Lake Festival in 2023, and I am really looking forward to laughing with all the fabulous women I met last year! Come and play with me! It's so much fun and a brilliant way to relieve stress and get the happy hormones going!"

Tracy Bartram, Comedian and Laughaholics Experience facilitator

For further details and to RSVP for a delicious morning tea provided by the Hillston CWA 0439 565 122 or 02 6965 1900.

Rick Warren

End Release

Location: Website, Facebook, Spectator, Area News, ABC, Hit 99.7, MMM963

Authorised:..... Date: