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Local Realtor® Helps Laugh Life's Stress Away

Alan Goodwin at Weichert, Realtors® - Donahue Partners teaches laughter yoga to relieve stress

FALMOUTH, Mass. / Feb. 17, 2020 – Buying or selling a home is no laughing matter. In fact, it can be downright stressful.

Competition for a limited housing inventory, bidding wars, and deals that fall apart at the last second can trigger a rise in one's blood pressure.

But there are ways to deal with that stress and Alan Goodwin, an agent at Weichert, Realtors® - Donahue Partners in Falmouth, has a great one for his real estate clients and others: laughter yoga.

"Laughter yoga involves quick, simple exercises that help you laugh in situations that might otherwise stress you out and tie you up in a knot," said Goodwin, a certified laughter yoga instructor who runs Cape Cod Laughter Yoga with his wife, Clare.

"We do a lot of breathing and hand-clapping exercises from a seated position, which makes laughter yoga a big hit with seniors," added Goodwin, who teaches a free weekly class at the Gus Canty Community Center.



Alan and Clare Goodwin run Cape Cod Laughter Yoga, which offers a free weekly yoga class at the Gus Canty Community Center in Falmouth.

Goodwin also likes to tout laughter yoga's health benefits, which he freely shares whenever possible with his real estate clients.

"This is something that helps your mind, your body and your spirit," said Goodwin. "The most important thing that people need to know is that laughter yoga is about laughing for exercise and relieving stress."

And that makes Goodwin's free session at the community center more of a public service than an exercise class.

"Alan has found a great way to give back to the community and it demonstrates the lengths he's willing to go to help others," said Dennis Murphy, the Weichert® affiliate's broker/owner. "And giving back is something we encourage all of our agents to do here at Weichert, Realtors® - Donahue Partners."

Weichert, Realtors® - Donahue Partners is an independently owned and operated Weichert affiliate. The company serves Falmouth, Bourne, Mashpee, Barnstable, Sandwich and surrounding communities.

To learn more about Cape Cod Laughter Yoga, visit www.CapeCodLaughterYoga.com.

For more information about Weichert, Realtors® - Donahue Partners, located at 850 Main Street in Falmouth, contact Dennis Murphy at 508-294-3126 or visit www.WeichertCapeCod.com.

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About Weichert Real Estate Affiliates, Inc.: Weichert Real Estate Affiliates, Inc. has grown steadily since Jim Weichert, president, chairman and CEO of Weichert Companies, launched the company's franchise division in 2001. The affiliate division was created to offer a business model for franchisee ownership candidates described as "a clearly defined operating system for marketing and managing a real estate business." Weichert Real Estate Affiliates, Inc. announced its first affiliate in 2002, was ranked as one of the top traditional residential real estate franchises in *Entrepreneur's* 2020 Franchise 500 and was identified in 2020 by *Franchise Business Review* as one of the top U.S. franchises for owner satisfaction. Weichert Real Estate Affiliates, Inc. has offices serving over 350 markets in 40 states. For more information about Weichert, visit Weichert.com or for information on franchise opportunities visit WeichertFranchise.com.