City of Poulsbo

Parks and Recreation Department

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City of Poulsbo
200 NE Moe Street, Poulsbo WA
www.cityofpoulsbo.com

Poulsbo Parks & Recreation Showcases Joy & Wellness

Poulsbo, WA – The City of Poulsbo is proud to announce that Parks Coordinator Rachel Cornette was awarded the 2026 American Laughing Championship. Cornette joined a crowd of competitors earlier this September to celebrate the many benefits that laughter brings for individuals, ultimately being selected as the American Champion for the uniquely fun title.

Cornette has brought joy and wellness opportunities through Laugher Yoga to the Poulsbo community for several years starting during COVID. Her award comes after Poulsbo celebrated a fun-filled World Laughter Day this past May at Waterfront Park to honor the power of playfulness and the many health benefits that intentional laughter brings to the community.

During her own time Rachel offers free Laughter Yoga classes on a weekly basis, promoting positive social connection and stress relief. “No experience in Laughter or Yoga is required,” Cornette says, “Just an open mind and willingness to be playful”.

As the American Laughing Champion, Cornette will represent the U.S. in the virtual World Laughing Championship on November 21st against approximately a dozen other countries.

“Rachel’s laughter and contagious smile unite people”, said Mayor Stern. “Her commitment to offering community wellness programs in Poulsbo is second to none and we wish her the best of luck at the Worlds”.

For community members interested in learning more about the free Laughter Yoga classes or other Parks & Recreation offerings, please contact Poulsbo Parks and Recreation at (360) 779-9898.

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