

HELLO HAPPINESS!



JAMI is delighted to announce its first workshop designed exclusively for Carers. It is being facilitated by **Ian Lynch** who is an experienced laughter therapist. He promises a day of fun, laughter and mental wellbeing and will be employing a mixture of principles, exercises and humour with tips and tools to take away.

We have chosen laughter as a theme for our opening workshop because research has shown that laughter not only makes you feel good but helps you keep a positive, optimistic outlook through difficult situations, disappointments and loss. More than just a respite from sadness and pain, laughter gives you courage and strength to find new sources of meaning and hope.

So what are you waiting for?

Hello Happiness Workshop is taking **place at Jami House in Golders Green Road on Sunday 18th April from 10.30 am to 4.00 pm. Lunch will be provided and the cost of each ticket is only £10.**

We only have a limited number of spaces and this event will be advertised for all carers. Admission will be through pre purchased tickets. To purchase yours please telephone me as soon as possible

Avril (Cohen) 020 8458 2223