



**Gorey
Chamber**
IN BUSINESS...FOR BUSINESS

Press Release

DATE.

17th September 2010.

Happiness is the new Mantra!

Gorey Chamber broke new ground last Thursday night, the 16th of September, with an interactive session from Brian Colbert of The Happiness Habit. The well attended function in the Ashdown Park Hotel saw, Colbert, one of Irelands leading therapists engage in a two hour session which captivated the audience. With an excellent gender mix of men and women present on the night, everyone participated in the simple exercises which were interspersed throughout the evening.

Brian Colbert was invited to Gorey by Paula Reddy and Associates who co sponsored the night in conjunction with Gorey Chamber.

Speaking on the evening, Chamber Executive, Dick White commented “ One of Gorey Chamber’s main functions is to offer real alternative options to society in today’s world. This event gave us a taster of the focus we require to get more out of life on all levels. You could not have left without feeling better and discovering that, Happiness is the new Mantra”

ENDS.

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