



Lots of laughs for (from left) Ric Reddell, Gillian Hayes, Bronwen Williams and Dayle Lancaster. *Picture: Martin Kennealey*

Immune systems amused

A NEW laughter club aims to get the world laughing... well maybe just the locals.

Bronwen Williams, one of the people who started the club, said that laughing boosted the immune system.

"And it also makes people

feel good," she said.

"It breaks down barriers between people.

"If people are not getting along at work it breaks down barriers, it helps them see them as human beings rather than the boss of the cleaner."

She said the club was also about laughing for absolutely no reason at all.

"When we are little we are told to stop laughing, to 'take that look off your face' so by the time we are 30 years old we are so serious," she said.

The club also incorporates yoga but Bronwen said it was not yoga in the strictest sense but "yoga of laughter".

The club meets Tuesdays from 6pm to 7pm at Yoga Now, Hines Road, O'Connor.

Cost is \$5 a person.