



Global Belly Laugh Day, January 24, Celebrate the Great Gift of Laughter

Global Belly Laugh Day, January 24, celebrate the great gift of laughter. On Global Belly Laugh Day, January 24 at 1:24 p.m. (local time) people around the world smile, throw their arms in the air and laugh out loud. They Join the Belly Laugh Bounce 'Round the World.

www.bellylaughday.com Global Belly Laugh Day, January 24 is a celebration of the laughs and smiles that transform moments 24 hours a day, 7 days a week on the 7 continents.

Portland, OR (PRWEB) January 14, 2010 -- Celebrate the great gift of laughter on Global Belly Laugh Day, January 24. Global Belly Laugh Day is a celebration of the laughs and smiles that transform moments 24 hours a day, 7 days a week on the 7 continents. The celebration of the gift of laughter is playful, easy and fun. On Global Belly Laugh Day, January 24 at 1:24 p.m. (local time) people around the world smile, throw their arms in the air and laugh out loud. They Join the Belly Laugh Bounce 'Round the World.

"Oh what a difference Global Belly Laugh Day, January 24 makes," notes Elaine Helle, founder of Global Belly Laugh Day.

Since January 24, 2006 belly laughs have been bounced around the world from corporations, medical centers, senior centers, grocery stores, homes, schools, libraries, museums, organizations, families, restaurants, air planes, radio stations and coffee shops.

On Global Belly Laugh Day January 24, 2009 heartfelt laughter was bounced:

From South East, Queensland, Australia - "Wow, Why am I promoting Global Belly Laugh Day? Don't we all need a good laugh at this time of doom and gloom?"

From The Philippines - "It is Saturday. I am at work. I suddenly remembered that today is Belly Laugh Day. I remember a speech I gave in college the main point being Filipinos have good sense of humor. Even though we have lots of problems, we still find ways to smile and laugh."

From India - "Today is Global Belly Laugh Day. Wake up with a smile. The minute your feet hit the floor, smile some more. The first time you look at yourself in the mirror smile, giggle, medium laugh, laugh heartily to wake up your laugh. Greet the people you meet with a high five and say, It is Global Belly Laugh Day!"

From South Carolina, USA - "This observance isn't for smiles or grins; it's for deep, guttural belly laughter."

From Kentucky, USA - Children at home celebrated by laughing at the top of every hour and doing silly dances with their parents. Librarians in Louisville created a laugh filled celebration for children.

From San Diego, California, USA - Laughers in San Diego County, California gathered to chortle, chuckle and belly laugh. Others joined in the laughter celebration by cell phone.

From Kelowna, BC Canada - Laughers from the United States and Canada united to send the Global Belly Laugh



Bounce across the Pacific Ocean to Hawaii.

Why do we celebrate the great gift of laughter?

David J. Pollay creator of The Law of the Garbage Truck™ and author of the forthcoming book, The Law of the Garbage Truck: How to take control of your life with one decision. www.thelawofthegarbagetruck.com

"When people follow The Law of the Garbage Truck, they make room for happiness and they increase civility in the world. They also make room for laughter. Laughter makes people happier and healthier. We know it from the research. We also know it feels great. There are few things as gratifying as a good belly laugh. Global Belly Laugh Day is a good reminder for us all to make time to laugh with our children, parents, friends, coworkers, and neighbors."

Nanci Tangeman, author of "Forty Excuses to Get Together with the Girls" www.nancitangeman.com

"Laughter is the best renewable energy I can imagine. Light up a room, warm up a conversation...and it's free."

Holly Henson www.hollyhenson.com is a comedian and breast cancer survivor, who turns disaster into laughter in her Tickled Pink standup comedy show, teaching the audience how to make breast implants out of common household items and joking about adding a third breast, that makes cappuccino! She credits the healing power of laughter for her recovery and shares the positive energy in a routine that can make you laugh so hard, your fillings ache! Milton Berle once said "Laughter is the best vacation." "So if you're at work, it's like you're being paid to sit there and giggle. If that's not worth celebrating, I don't know what is!"

Elaine Helle encourages laughing out loud from now until the January 24, 2010 celebratory Global Belly Laugh Day laugh out loud moment. Laughing out loud boosts immune systems, reduce stress hormones, increases positive energy, connection, creativity, happiness, joy and bliss. On January 24 wake up and exclaim, "It is January 24, Global Belly Laugh Day, yeah!" A start-of-the-day positive mood impacts the entire day. To supercharge laughter on Global Belly Laugh Day, January 24 call and laugh out loud with family, friends and colleagues around the world at 1:24 p.m. their time.

Send Global Belly Laugh Day stories to jan24@bellylaughday.com

Visit www.bellylaughday.com to jump start celebrations of Global Belly Laugh Day, January 24. Laughter is contagious. Thanks for spreading laughter.

Belly Laugh Day, January 24 is listed in the 2010 Chase's Calendar of Events published by McGraw Hill.

Global Belly Laugh Day, January 24 is a happy, healthy, high achievement, creative, laugh together, 21st Century holiday.

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Contact Information

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<http://www.bellylaughday.com>

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