

# Bernie

## McGrenahan

presents...

#1 Ranked

**ALCOHOL, DRUG & SUICIDE**

Prevention Program

in America!

An **N.A.D.A.P.**

**A.D.A.P.T. & A.S.A.P.**

program favorite!

# HAPPY HOUR

A Stand-Up Comedy Show opening FOLLOWED BY...

A powerful message on Alcohol, Drugs & Suicide Prevention.







Comedian

# Bernie McGrenahan

...has created the most innovative and effective Alcohol and Substance Abuse Prevention program to hit the military in years: HAPPY HOUR! This powerful one-hour training program is weaved into two parts:



## PART ONE... The 'Hook'!

Bernie is a professional comedian who 'hooks' the audience by opening the program with a 30-minute comedy show! Dressed casually in jeans and sneakers, Bernie delivers hysterical material from his numerous television appearances and comedy tours which gains the trust, respect and attention of our troops and civilians in the audience. PowerPoint, statistical charts, and drunk-driving simulators are forms of education, but humor provides the 'Training Edge'! After 'connecting' with the audience through comedy, Bernie then leads everyone into the more important portion of the program...



## PART TWO... The Training & Prevention Message:

In a smooth transition, Bernie segues into a serious and powerful 30-minute message on his personal and dangerous experiences with high-risk drinking and substance abuse. The result for Bernie: poor job performance, career loss, financial instability, three DUI arrests, and a six-month jail sentence at 26 yrs old. Bernie specializes in 'reaching the problem drinker', because he's been there. Bernie's nineteen-year-old brothers' alcohol and drug related suicide qualifies Bernie to help our troops detect signs of depression

and offer solutions and hope. After years of denial, Bernie finally humbled his ego and reached out to counselors for help! Now 21 yrs free from all alcohol and substance abuse, Bernie is empowering and inspiring troops to avoid using alcohol and drugs to cope with stress, and focus on Mission Success! HAPPY HOUR is a one-of-a kind sole-source Training program, and is receiving standing ovations from airmen, marines, soldiers and seamen around the Globe! !



### PROGRAM TOPICS INCLUDE:

- SIGNS OF A DRINKING PROBLEM
- DANGERS OF 'HIGH-RISK' DRINKING
- DUI PENALTIES AND COSTS



- ALCOHOL AFFECTS JOB/MISSION PERFORMANCE
- DOMESTIC ABUSE/VIOLENCE UNDER THE INFLUENCE
- SUICIDE WARNINGS & PREVENTION

**PROMOTES ASAP/ADAPT AS A HEALTHY RESOURCE AND MILITARY CAREER SAVER !**





Dear Bernie-  
Thank you for coming to Sheppard AFB with your HAPPY HOUR program. Your message about alcohol awareness and drug abuse and the troubles they bring was inspirational. You were able to effectively reach many Airmen in a manner that makes the message real. Feedback received at the ADAPT clinic has been overwhelmingly positive. The clients my ADAPT staff have worked with unanimously stated they felt you were telling their story or speaking right

to them. One airman said he was struggling emotionally after brother had recently committed suicide. He was grateful to hear that someone knew and understood what he was going through. Another said she was struggling with being an 'alcoholic in recovery' and keeping it a secret. She was grateful for the timing of the show so she could get the support she needed. I highly recommend this program for all Military bases and look forward to working with you again in the future.

MAJOR JAMES A. STRYD, USAF  
Behavioral Health Flight Commander

Some claim to 'save a life'.  
'HAPPY HOUR' is saving many lives!

Dear Bernie:

I'm writing this letter to thank you for bringing your Happy Hour Comedy Show to the Caserma Ederle in Vicenza, Italy. I appreciate your powerful message regarding the dangers of high-risk drinking and substance abuse. I have been a Prevention Coordinator and given presentations and seen outside guests present alcohol and drug prevention trainings, but I have never had the tremendous amount of positive feedback and asking when are you coming back, from Soldiers and civilians alike. You have been a great aid to help me reach more troops and inspire them to be responsible and achieve mission success!



CHARLIE FIELDS, ADCO  
USAG Vicenza, ASAP

To read over one thousand servicemen responses: [WWW.COMEDYISTHECURE.COM/blog](http://WWW.COMEDYISTHECURE.COM/blog)

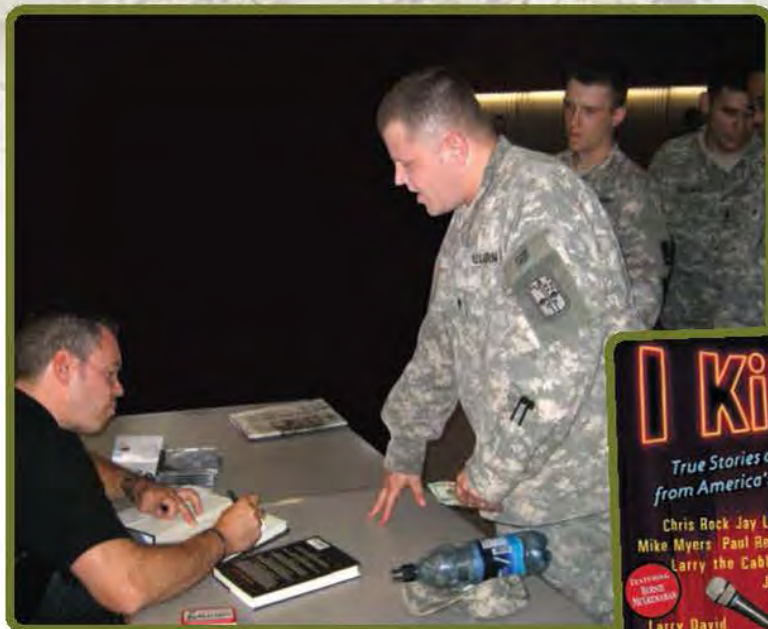
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HAPPY HOUR HAPPY HOUR HAPPY HOUR  
BEEERBALLETTERS!

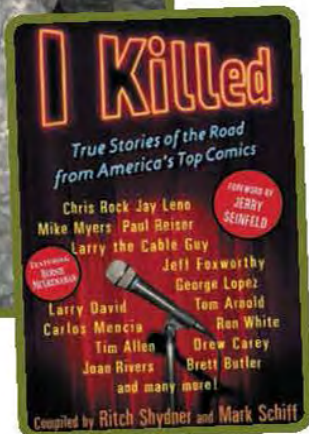


# HAPPY HOUR

**Bernie McGrenahan**



Bernie loves those who serve this country. He has fulfilled 25 oversea comedy tours for the USO and DOD. His touching comedy performance for troops in Bosnia in 1998 was chosen to be the closing story in the #1 selling comedy book titled 'I KILLED': True Road Stories From Americas' Top Comedians where Bernie joins Jerry Seinfeld, Jay Leno, & Chris Rock!



For booking info please call  
**1.877.691.3907**  
[WWW.COMEDYISTHECURE.COM](http://WWW.COMEDYISTHECURE.COM)

