

Happiness 101

A 3-week educational group about the science of happiness.

Learn lifelong skills that contribute to a more purposeful life.

Group Details

Dates: Thursday's,
April 2, 9 & 16, 2020.
(3 weeks)

Time: 9:30—11:30

Location: Rapids Family
Health Team
1150 Pontiac Drive,
Sarnia, Ontario.

Cost: Free to members
of the Rapids Family
Health Team.

Registration:

To registration contact
the receptionist desk.
Enrolment is limited.



About the Group:

Research has shown that while there are many factors and circumstance that determine one's level of happiness, over 40% of happiness is personally controlled and happiness habits can be learned.

Happiness 101 is a workshop for people who want to learn how to be happier. This interactive educational learning is open to adults 18 and older.

Benefits of happiness include:

- Decreased cortisol (stress hormone) levels
- Increased immune function
- Decreased physiological reactivity to stress
- Better quality of life
- Longer life (7.5 to 10 years longer!)
- Better sleep
- Less pain & less stress

You will learn:

- What happy people do and how they think
- How to purposefully create happiness for yourself
- Skills that are proven to lead to increased happiness

Past participants of this program have said:

"This perspective doesn't bring you down. It lifts you up. You want to return to class. You feel good when you leave class. It's informative and problem-solving rather than problem finding."

"I was excited to go home from class and try the lessons and I looked forward to coming back. This class was energizing."

Facilitated by: Brenda Teasell BA, MSW, RSW