

FREE “Lunch & Learn” WEBINAR:

HAPPINESS

3 Opportunities to Participate:

**Tuesday, July 12th,
10:15– 11:00 AM
Or Wednesday, July 13th
12:15—1:00 PM
Or Thursday, July 14th
2:15– 3:00 PM**



This webinar speaks to concepts from the field of positive psychology and discusses strategies for fostering deeper and longer-lasting happiness in everyday life.



**Learn what
happiness is
(and isn't)**



**Explore three
types of
happiness**



**Discover the
habits of happy
people**

Click [HERE](#) to Register

After registering you will receive a confirmation email containing important information about the webinar and how to join via your personal computer or mobile device.

This webinar is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents.