

happiness



2019: New Year Happiness Lab

Come along and explore what psychologists, doctors and faith leaders have to say about happiness.

Topics explored include gratitude and savouring, kindness, forgiveness, friends and family, body and soul and developing coping strategies

Saturday mornings (fortnightly)

9.30 - 11.00am:



January 12th

January 26th

February 9th

February 23rd

March 9th

March 23rd

Venue: Cromwell Village Hall