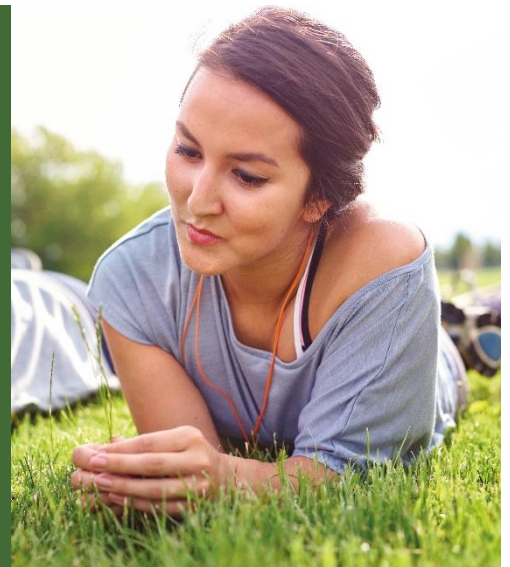


The Science of Happiness



More than simply a positive mood, happiness is a state of well-being that encompasses living a good life, one with a sense of meaning and contentment.

The Science of Happiness

How can you influence your happiness? In this one hour webinar, we will focus on:

- Defining happiness
- Describe the benefits of happiness
- Learn how to get more happiness in our lives
- Practice new happiness habits

We hope you will join us!



Webinar Details

Date: Wed. Aug 26, 2020

Time: 10:00 AM - 11:00 AM

Webinar Link:

link8.26Happiness.sjc

Session Password (case sensitive):

Thrive123

Phone-In Option:

Call: 1(408) 418-9388

Access code: 133 922 1445

For better audio, we suggest you using the call-in number rather than listening through your computer