

# Happiness 101

**A 4-week educational group about the science of happiness.  
Learn lifelong skills that contribute to a more cheerful life.**

## Group Details

**Tuesdays:**

**March 7, 14, 21 & 28**

**(4 weeks)**

**@**

**9:30—11:30**

## Location:

Rapids Family Health Team  
1150 Pontiac Drive, Sarnia,

## Cost:

Free

**To register call  
519-339-8949**

Enrolment is limited



## About the Group:

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

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.

## 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. Some classes I have attended in the past depleted my energy and made me feel more depressed. This class was energizing.*

The workshop is led by  
Rapids Family Health Team  
Lisa Hodgins MSW, RSW