

The Happiness Lab

A six-week course helping you explore what psychologists, doctors and faith leaders have to say about happiness.

Gratitude & Savouring

Kindness

Forgiveness

Friends & Family

Body & Soul

Coping Strategies

www.thehappinesslab.org



Facilitated by:



On Wednesdays
At the 'The Wheel' in
Blackwell B60 1BN
7.30 – 9.00 p.m.
September 29th
October 6th 13th, 20th, 27th
And November 3rd.

Free of Charge

(An optional delegates guide is available for £5)

Only 20 places available ... so
Email to book your sessions
lickeyoffice@btinternet.com