

HAPPINESS AS A SKILL: A Different Narrative



LET'S BUILD A HAPPIER WORLD

Why be unhappy or even “happy most of the time” when you can learn to be happy all the time. The Happy Neighborhood Project is helping people learn that happiness is a skill not just an emotion. Edwin Edebiri will present ways to raise your happiness level through practice, even when life throws you curve balls.

See Edwin and the Happy Neighborhood Project's videos on KVIE and TEDx.

**Class is free. Registration is required
visit: www.hnpabc.com/class**

Davis Branch: September 21st - 7 to 8 pm

October 12th - 10 to 11 am

October 24th - 6 - 7 pm

West Sacramento Branch: Sept. 23rd - 6 to 7 pm

