

PRACTICAL IDEAS FOR HAPPIER LIVING

Tues 12th & Tues 19th January 6–8pm

Newent House, 8-10 Browns Road, Surbiton, KT5 8SP

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We all want to be happy and we want our loved ones to be happy too. But modern life often leaves us feeling anxious and exhausted, due to family challenges, work pressures or worries about the future.

Whatever our situation, the good news is that there are practical things we can do to be happier and to cope better when things go wrong.

Action for Happiness is offering a unique two-session course based on the very latest wellbeing research. It includes lots of practical ideas that can help each of us, and our loved ones, get more out of life.

The sessions are free, open to anyone and will be friendly and informal.

A well-being questionnaire needs to be completed to ensure the course will be suitable for you.