

# A short Course in Happiness



## About this free workshop:

What does happiness mean and how to get it.  
What can we do to increase our happiness?

Register for this free workshop to find out.  
In this workshop, we'll explore the practicalities of happiness – what it does to your brain, what it means to you and how we can potentially increase our happiness.

**Where:** 20 Tank Street

**When:** 4th of March 2020 – 12pm-2pm

**RSVP:** 4979 1456 [info@gladstonewomenshealth.org.au](mailto:info@gladstonewomenshealth.org.au)



## Gladstone Women's Health Centre

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