

*You're invited to...*

# THE HAPPINESS COURSE

The Happiness Course  
draws on **scientific  
research, ancient wisdom  
and real-life experience**  
to give you practical tools  
for happy life.

*"It made me  
think about  
deeper things  
that matter  
in life."*



4 x Sunday Evenings in the Autumn

11 Sept, 18 Sept, 9 Oct, 16 October

Each Course Session 6.30pm – 8pm

Refreshments from 6pm

...see Astrid for more details