

The Happiness Lab

www.thehappinesslab.org

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

Based on a series of fly-on-the-wall documentaries, the course follows twelve people as they explore the 6 course topics. As we observe their journey, space is created enabling us to engage in a conversation about our own happiness.

Course topics:

Gratitude and Savouring	Friends and Family
Being Kind	Body and Soul
Learning to Forgive	Coping Strategies

Wednesday Evenings from 7pm – 9 March till 13 April

**The course will be both on Zoom
and in Cairncry Community Centre**

Please let Ian know if you want to come.

Find out more at www.theuglyducklingcompany.com/happiness-lab

