

Be Happy



Saturday, November 4

1:00 – 4:00 p.m.

Come learn about the science of happiness – happiness can in fact be learned. You'll experience techniques from positive psychology. You'll leave with tools and strategies you can incorporate into your daily life to create a happy and healthy life.

Cost is \$50

Class by Jen Strating, Biofeedback Therapist and Yoga Teacher
At Wholeness Center 2620 East Prospect Road, Suite #190 Fort Collins, CO

Register in advance at 970-221-1106



Wholeness Center