

HAPPINESS IS A CHOICE...MAKE IT YOURS

THE HAPPINESS CLUB

Creativity

Inspiration

Resilience

Motivation

Understanding

Gifts of
gratitude

Well-being



Navigating with Grace Through Transition

with Bestselling Author Maria Sirios
& Celebrity Life Coach Karlee Fain

*Learn more about what is possible for you
when you have the space to breathe,
even in times of stress and chaos.*

Optimism

Laughter

September 6, 2018

7 to 8:30pm

Presented by the Hartford Happiness Club

Town & County Club
22 Woodland Street, Hartford

All are welcome! • Free Admission & Parking • Beverage Bar Available

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RSVP appreciated but optional