



ACTION FOR HAPPINESS COURSE.

Exploring What Matters is a course where you can explore some big questions in a friendly environment. In a 2 hour session each week you'll explore questions, such as What really matters in life? What actually makes us happy? Based on the latest scientific evidence and intended for all, it comes via www.actionforhappiness.org.

WHEN AND HOW

- 8 week course during Term 3
 - Monday evenings, 6.30 - 8.30 pm
 - Donation \$140, depending on your circumstances
 - Northcote High School Staff Room
- Facilitated by **Oenone Serle**, NHS parent, Masters in Applied Positive Psychology*

TO EXPRESS INTEREST

email challis.kate.e1@edumail.vic.gov.au
enquiries: Oenone Serle **0422 099 196**

Interested in happiness?

*Want more of it for yourself
and others?*

*Come to a a course in the
NHS community*



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