

THE DISTRICT WELLNESS COMMITTEE

PROUDLY PRESENTS:

SCIENTIFIC STRATEGIES FOR HAPPINESS AND WELL-BEING

BY: ADAM PICCOLI, PTHS TEACHER AND PUBLISHED AUTHOR!

**IS HAPPINESS SOMETHING THAT IS LEARNED? GET READY FOR A FUN,
COLLABORATIVE WORKSHOP WHERE PARTICIPANTS WILL HAVE THE
OPPORTUNITY TO ENGAGE IN MANY ACTIVITIES THAT CAN BE USED ANYWHERE.**

COME OUT AND TREAT YOURSELF TO SOME SELF CARE!



When: Wednesday, February 21st, 2024

Where: PTHS Auditorium

Time: 7:00pm

✓ **Interactive!**

✓ **Educational!**

✓ **Takeaways!**

All are welcome to attend this
FREE event. Please reach out to
Helena Branco or Jennie Jacobs
with any questions.

Email:

helena.branco@pequannock.org

jennie.jacobs@pequannock.org

We hope to see you there!