



**Richmond Centre for Disability**

"Promoting a new perspective on disability"

# emPOWER Series – 2017

*to promote empowerment and independent living*

## Health and Happiness



*a presentation to discuss many of the benefits of happiness in relationship to your health*

***This workshop will cover:***

- *Why think about happiness in relation to health?*
- *What makes one person happy?*
- *How does happy associate with better health?*
- *What life styles and habits happy people have?*

*Health & Happiness*

**Facilitator: Brett Kendrick**



**Nurse Next Door™**  
home care services

Care Manager from Nurse Next Door Richmond

**Date: Apr. 27<sup>th</sup>, 2017 (Thursday)**

**Time: 4:00 pm – 5:30 pm**

**Venue: RCD (100-5671 No. 3 RD., Richmond)**

**To register: Call 604-232-2404 or**

**Email: [dave@rcdrichmond.org](mailto:dave@rcdrichmond.org)**