

KAISER PERMANENTE SANTA ROSA PRESENTS

2020 WOMEN'S NIGHT OUT

Series

The Science of Happiness: What Positive Psychology Can Teach Us About Finding Joy

Join us to learn what defines and promotes happiness, common myths that exist about "securing" it, and obstacles that stand in the way of making oneself "happiness-prone." We will explore the global rates of happiness, the attitudes and tools that can cultivate greater happiness, and much more!



Kate Gustin, PhD is a mental health professional with two decades of experience as a psychologist and teacher of positive psychology. She is the Founder of PoZitive Strides wellness services and offers a private psychotherapy practice in San Rafael.

Friday, March 6

6 to 6:30 p.m.

Check-in, Healthy Zone, & Refreshments

6:30 to 8:30 p.m.

Presentation

Free and open to the community

Kaiser Permanente
Santa Rosa Medical Center
401 Bicentennial Way
Medical Office Building 2

Space is limited.

Please pre-register at

www.kp.org/santarosa/womensnightout

or

call 707-566-5418

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