



*"[H]appiness is an ongoing process of fresh challenges ... even when everything is in place it takes the right attitudes and activities to continue to be happy." Ed Diener*

## *Pam Garramone*

*Pam Garramone, the founder of Thrive Now Boston, is a Positive Psychology Speaker and Life Coach*

### **"A Parent Guide To Happier Kids"**

Join us for a unique opportunity to bring the community together and share in a workshop of exercises, techniques, and thought activities designed to maximize happiness and decrease stress, anxiety and risk-taking behaviors

**Winchester High School  
Library Media Center (second floor)  
Wednesday, September 25, 2019  
6:00 p.m.**

Questions? Contact WHS Adjustment Counselors  
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