

You and Your Emotions: Exploring Joy

With Luke Campbell

DECEMBER 14TH, 9-10:30 AM

Are you interested in bringing a greater sense of joy into your life but not sure how to? If so, join the Regional Behavioral Health Coordinators to learn the science behind joy, why you need more of it, and how to do it. This presentation will identify the impact that your surroundings have on your well-being and how to increase the joy you experience each day.

Register at

<https://www.train.org> with Course ID 1112704