



Be Happy



January 7 - February 4, 2012

Five Saturdays 9:30 a.m.—12:30 p.m.

**Would you like to be happier?
Did you know you can learn to be happier?
Discover what blocks your inner happiness
and how to deepen your joy now.**

The Training: A panel of independent scientists measured the progress of participants in this happiness training for a BBC TV documentary. The results were dramatic and lasting. You will learn the proven principles and exercises to help you live a happier life.

Leader: Coral Prebble is an experienced facilitator, educator and ordained minister of The United Church of Canada at St. James United Church. She trained as a Happiness Coach under Dr. Robert Holden of London, England, who created the Happiness Project and course.



Limited to 30 people

Cost: \$100 (Charitable Tax Receipt for \$80)

Registration and Location: St. James United Church
400 Burnhamthorpe Road (just east of Hwy. 427)
Etobicoke, On. M9B 2A8
416-622-4113
www.StJamesUnitedChurch.com

REGISTRATION FOR BE HAPPY 2012

NAME _____ ON NAME TAG _____

ADDRESS _____

TELEPHONE _____ EMAIL ADDRESS _____

Non-Refundable Deposit Enclosed \$20

Full Payment Enclosed \$100

Please make cheques payable to: **St. James United Church**