

**HAPPY**

Learn, apply, and discuss research-based happiness skills in your life

# Evidence-Based Happiness: An Experiential Approach

Tuesdays Live or Online: 1:00pm-2:30pm

Class starts April 2 with a whole-class lecture with John Sommers-Flanagan; the next five weeks involve small group discussion.

**ART**

What visual  
experiences stimulate joy?

**SCIENCE**

What makes people  
feel happy longer?

Want to practice happiness strategies and talk about your experiences? The course is \$70 through the University of Montana MOLLI program. All adults are welcome. More information is at: [https://](https://www.campusce.net/umtmolli/)

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