



# Educational Workshops for Local Nonprofits & Small Businesses

Transform your ideas and learn new strategies that will strengthen your organization so you can accomplish your mission more efficiently and effectively through workshops led by local experts.

## 7 Habits of Happiness & Mindful Meditation

Happiness is the natural result of habitually living and thinking in certain ways. As a matter of fact, happiness is something that is quite predictable for almost all people as we develop certain habits of thought, belief, action, and character. In fact, did you know that

- 10% of our happiness is due to our external circumstances
- 90% based on our inner environment
- 50% comes from our genes
- 40% accounts for our intentional daily activities

Science has now confirmed that with certain practices we can change the neural pathways of our brain. Happiness is a set of skills we can practice every day. This seminar, presented by Melanie Jacobson, program manager of Polara Health's Senior Peer Program, is an informative and interactive program to help make proactive choices on creating more happiness in our lives.

This workshop is **in person**.



**Melanie Jacobson**  
Senior Peer Program Manager  
Polara Health

## REGISTER TODAY

for our FREE workshop!



[yavapaiunited.org](http://yavapaiunited.org)

### Quad Cities

Wednesday, February 15th, 2023 • 1-3 pm  
Prescott Public Library Founder's Suite  
215 E Goodwin St., Prescott, AZ 86303



Presented by United Way of Yavapai County and sponsored by Desert Financial Credit Union as part of our effort to better serve our community.

