

EXPLORING WHAT MATTERS

THE ACTION FOR HAPPINESS COURSE

An 8-week course to explore what really matters for a happy and meaningful life



**FEEL
GOOD**
do good

Start date: Tuesday 26 September 2017 (every Tuesday for 8 weeks)

Time: 18:30-20:30 (refreshments provided)

Location: Sir Ralph Perring Centre, Golden Lane Estate, EC1Y 0RD

**Cost: £15 donation for the full 8 weeks including course materials
(this donation will go to your charity of choice)**

To find out more please email or phone Jade:

Email: resident.involvement@cityoflondon.gov.uk

Phone: 07850076826

***Please note that the course is only open to residents from the following 2 estates:
Golden Lane, and Middlesex Street.**



ACTION FOR HAPPINESS

Action for Happiness is part of the Young Foundation, registered charity 274345