



## Want to learn how to be happier?

Try our four or seven-week Happiness Basics™ workshop and learn to live a happier life!

Edmonton West Primary Care Network offers Happiness Basics™ workshops, open to adults wanting to improve their level of happiness.

Participants were asked, “what did you like most about this class?”

“The idea that happiness is a skill - and all of the skills in the toolkit.”

“The skills were introduced in segments, not all at once.”

“Sharing with others, meeting new people, learning new skills.”

**This workshop has been proven to improve:**

**Mood & Energy**

**Mental & Physical Health**

**Pain Management**

*Participants may also decrease the risk of depression, or may be able to improve mild to moderate depression by practicing the skills learned in this program.*

**To register for the Fall 2023 Class call:**

**780-443-7477**



*Teaching people  
evidence-based  
positive psychology skills*

