



Palm Health
FOUNDATION
Leading Change for Better Health

HAPPINESS HOUR

**A FREE COMMUNITY MENTAL WELLNESS
CONVERSATION & WORKSHOP**

**Monday October 21st @ 5:30 p.m.
at The Social House in Lake Worth, Florida**

**REGISTER by clicking here or visiting:
www.ryannwatkin.com/happiness-hour**

Join experts Ryann Watkin and Anna Gallagher for a fun and interactive workshop style event. We'll be exploring the science of stress, how we can use it to our advantage, and how mindfulness plays a role. We'll also dive into what happiness really is and address some ways to invite more of it into our daily lives. Come meet and chat with your fellow community members for this night of connection and fun! Light bites, tea, and coffee will be provided.



Anna Gallagher
Success & Mindset Coach



Ryann Watkin
Mentor & Educator



Event located at:

**The Social House
512 Lucerne Ave.
Lake Worth, FL 33460**

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