

*In need of some uplifting and inspiring  
food for thought?*

**Rekindling Happiness** invites you to join Michelle Cole for:


# *Happy for No Reason Info Session*

**Happy for No Reason** can help rekindle the  
happiness that lives within you!

In these 2-hour by donation sessions, certified HFNR trainer  
Michelle Cole will give a brief overview of some of the  
'Happy for No Reason' materials including the 21 Happiness  
Habits, answer some of your questions, and hopefully leave  
you filled with inspiration and wanting more!

*Friday, August 9th at the Summerland Public Library*

*Afternoon: 1:00pm - 3:00pm* RSVP: 

*Evening: 6:30pm - 8:30pm* RSVP: 

**Walk-ins are welcome, reservations are preferred:**

**[RekindlingHappinessNow@gmail.com](mailto:RekindlingHappinessNow@gmail.com)**

**For more information please visit our Facebook page: Rekindling Happiness**