

UW Psychology Students Association presents

AllOne

A Psychology-themed Film/Documentary Series

Free event; everyone welcome!

Break the stigma!



Connect!

24 November 2016

5:00 - 7:30 pm

University of Winnipeg,
room 3C01

A panel discussion with mental health advocates will follow the screening.

What are the intentional and daily habit changes that help to sustain and achieve happiness and mental wellness despite life's challenges (e.g. stress)?

reserve your ticket at

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eventbright.ca

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Presenting the award-winning documentary, "Project Happiness"

"Happiness is a universal quest. But what does it really mean? In this award-winning documentary, youth from three continents interview George Lucas, Richard Gere and neuroscientist Richard Davidson on the nature of lasting happiness. Then, they travel to India for an unforgettable private audience with the XIV Dalai Lama. Through their eyes, gain a new perspective on how to expand happiness and live a meaningful life. Authentic happiness is not only possible – it's closer than you think."
(projecthappiness.com)



For more information contact:
psychology.uwinnipeg.ca
or phone 204.786.9130