



#CSHappiness Week

January 23-27, 2017

It's time to get your happy on!

What does happiness look like to you? A hug at the end of the day from a loved one? Laughing with your best friend until you can't breathe? A basket of puppies?

The **Comprehensive School Health Cohort** is running a happiness week where we will be celebrating happiness and researching what it means to each of us!

Monday: What is healthy happiness?

Tuesday: What is healthy happiness in action?

Thursday: What is healthy happy eating?

Friday: What is a healthy happy teacher?

Come to the **LMX lobby** from **11:30-2:30** & experience mindful minutes, fun activities, food, resources, puppies, and so much more!

