



Are You Happy?

Join us as author Jim Ryan
reveals the

8 Characteristics of Happy People

From the minute we open our eyes in the morning,
we're on the go - listening to the news as we shave,
putting on makeup while we drive, eating lunch at a meeting,
and on our phones at the little league game.

Jim Ryan, author of

"Simple Happiness: 52 Easy Ways to Lighten Up,"
removes some of the mystery and confusion from every day life
and offers straightforward solutions for you to relax and
live in the moment. Ryan shows how every day can be a new
opportunity to experience joy, giving you concrete, practical steps
to help you be more focused and productive.

Wednesday, January 16th

2:30 - 3:30 pm

at the

Gurwin Jewish ~ Fay J. Lindner Residences

The program is FREE, but seating is limited.
Call (631) 715-8268 to reserve your seat today!

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