



HAPPINESS



OCTOBER 2017 CLASS CALENDAR

*Member Events are in bold.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 6:30-8:00p Mindfulness Meditation w/Max Gin	3 6:00-6:30p Happiness Talk w/ Alice Inoue (Free)	4	5	6 7:30-8:30p Guest Speaker - Integrating Qigong and Traditional Chinese Medicine with Western Medicine w/Dr. Effie Chow (Free)	7 2:00-3:00p Got Cybersecurity? What You Need to Know w/Laine Kohama 3:30-4:30p Make Any Relationship Way More Positive! w/Alice Inoue
8 1:30-2:30p Find a Career That Makes You Happier w/Heather Patterson	9	10 6:00-6:30p Happy Half Hour: How to Get Relief When You're Stressed w/Alice Inoue	11	12	13	14 2:00-3:00p New Approaches to Therapy w/Dalybeth Reasoner
15 2:00-3:00p New Moon Intentions w/Alice Inoue	16 6:30-8:00p Mindfulness Meditation w/Max Gin	17	18	19 6:00-6:30p Happy Half Hour: Why You Procrastinate and How to Get Moving! w/Alice Inoue	20	21 2:00-3:00p Think Well, Age Well w/Alice Inoue 3:30-4:00p Happiness Talk (Free)
22 2:00-3:00p Bless and Be Blessed w/Alice Inoue	23 6:30-8:00p Mindfulness Meditation w/Max Gin	24	25	26	27	28 2:00-3:30p How to Have Awesome Meetings w/Kimi Morton and Pua Pakele & cabot
29	30 6:30-8:00p Mindfulness Meditation w/Max Gin	31				
			Members free to Member Events. Guests welcome at \$25. Class fees range from \$20-\$30.	NOTE: Registration is required at least 24 hours in advance for all classes. Class may be cancelled if there are no registered attendees, or minimum number of attendees not met. Walk-ins, please email smile@yourhappinessu.com to assure there is space, and/or any changes.		NOTE: Detailed information about every class listed is found on our website: YourHappinessU.com

NOTE: This calendar is subject to change and may be outdated. Check YourHappinessU.com for updated times and new classes



NEW PROGRAM: BOOK-A-CLASS: If you'd like to take a class that is not on the calendar, let us know and we can book it! See our menu of classes at YourHappinessU.com smile@yourhappinessu.com