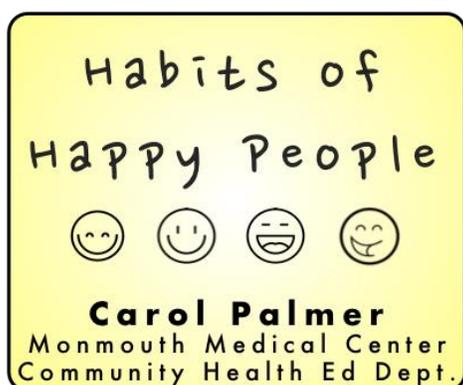


The 2017 Discussion Series



The science of happiness shows us how happiness can improve our health, our relationships and resilience to life's uncertainties - and may even add years to our lives.

Come learn how we can balance our brain's built-in negativity bias, which can make us stressed, worried and irritated, with new habits that maximize happiness, open us to gratitude and promote positive thoughts, emotions and actions.

Presented by Carol Palmer, BA

- Program Instructor for the **Community Health Education** department at **Monmouth Medical Center** for 25 years.
- Programs included **stress management and smoking cessation**
- Carol's programs reflect continuing studies in **mind-body medicine, natural healing ways, and the new brain science.**
- Her holistic programs include Mindfulness Meditation, Memory and Brain Health, Insomnia, Natural Ways to Manage Depression, The Habits of Happy People and Developing Resilience in Challenging Times.



Date: Wednesday, Jan. 11, 2017

Location: St. Robert Bellarmine (Parish Center)

Time: 7:00 – 9:00 pm

61 Georgia Road, Freehold, NJ 07728

Invited: Adults of All Ages

RSVP: (732) 866-6660

The Series is hosted by Kathy Lo Bue



- **Glen Eagle Advisors, LLC**, Managing Director
(Glen Eagle Advisors, LLC is a SEC Registered Investment Advisor)

- **30+ years in the financial services industry**

- **St. Robert Bellarmine** - Parishioner, Trustee, Finance Committee Co-Chair, Eucharistic Minister, Parish Picnic Committee, Faith in our Future Chair

- **Interfaith Caregivers of Greater Mercer County** – Chair of the Board

- **Greater Monmouth Chamber of Commerce** – Past Vice Chair and Past Chair Women in Business — **Glen Eagle awarded 2016 Circle of Excellence Award for Small Business**



Refreshments will be served. The Series is free, non-sectarian and open to the community.