

# Happy, Healthy You!



Learn five ways to wellbeing so that you can foster positive mental health in yourself and others. Find out what services and resources exist that you can tap yourself and clients into. This workshop is based on research about what individuals can do to maximize their happiness. It is about positive psychology.



## In this workshop you will find out more about:

- What promotes good mental health
- Depression in older age
- Why some older people don't talk about their negative feelings
- What you can do to make a positive difference.

## When:

Thursday  
21 February 2019  
10:00 am to 1:00 pm

## Where:

Marrickville Town Hall  
Downstairs Meeting Hall  
Cnr Marrickville & Petersham Rd, Marrickville

**Facilitator:** Jane Massa Coordinator Suicide and Depression Prevention Older People's Mental Health (OPMH) Sydney Local Health District

**Cost:** Free

Funded by the Australian Government Department of Health



Bookings and enquires **9750 9344** or [customerservice@4cs.org.au](mailto:customerservice@4cs.org.au)

