

BETTER & HAPPIER

An 8-week **mental health focused** workshop for a better and happier you

Like a rice bowl filled with different ingredients that bring nourishment to our physical bodies, Better and Happier aims to bring the different ingredients of wellness together as nourishment to our mental well-being.

Come join us to find out what these ingredients are and how you can use them for a better and happier you!

Dates: 1, 8, 15, 22 Mar,
5, 12, 26 Apr,
3 May

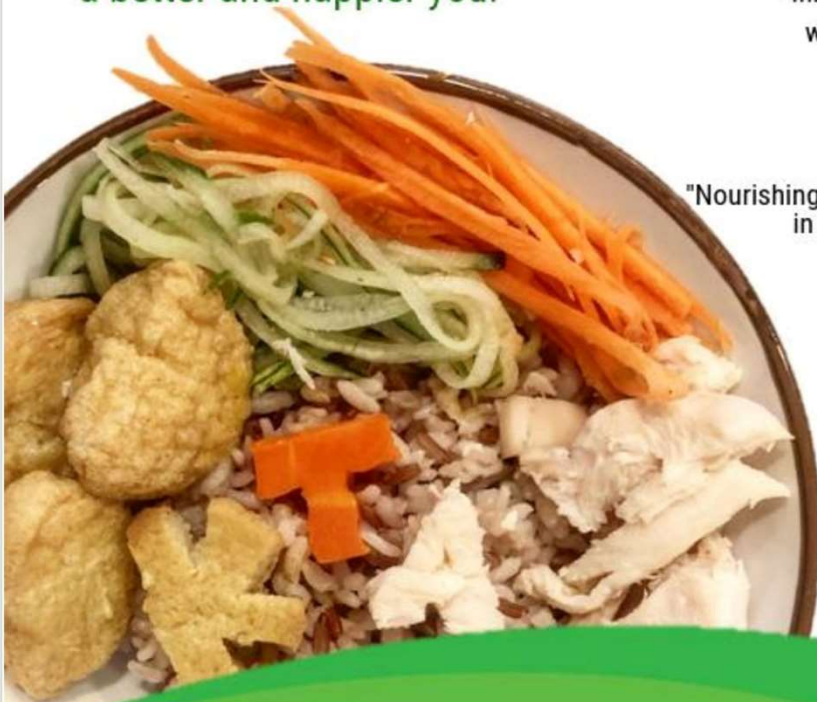
Time: 10am - 11:30am

Venue: 854 Yishun Ring Road
#01-3511 S760854

Cost: \$5

To register*, please call
6757 7990

*Initial assessment for programme suitability will be conducted for interested individuals



"Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and **you are worth the effort.**"
Deborah Day


CLARITY
Happiness Within Your Reach
Clarity Singapore is a Catholic charity that lights the way to mental well-being