



Pursuing happiness



Happiness is not just a fleeting emotion but a long-term state of being that can be improved over time.

Register for this live webinar on Wednesday, July 12 at 1:00 pm CT to:

- Explore definitions of happiness and the role of positive psychology in enhancing happiness.
- Consider barriers to happiness in daily life and how to remove them.
- Understand and adopt strategies to improve your wellbeing.

**All live webinars are recorded and posted on your member website.*

Visit MagellanAscend.com or call your Employee Assistance Program at 1-866-580-9046 (TTY 711) for helpful resources.

