

FREE Speaker Event: Yale Professor and New Bedford Native, Laurie Santos, to Discuss the Science of Happiness

The New Bedford Wellness Initiative invites the community to attend a FREE talk on the “science of happiness” with nationally recognized Yale University Professor and New Bedford native, Laurie Santos.

The event will take place Tuesday June 12th from 6:30PM – 8:00PM at the New Bedford Whaling Museum located at 18 Johnny Cake Hill, New Bedford, MA 02840. This event is free and open to the public. No pre-registration is required.

Santos made national media headlines recently, including an appearance on The Today Show, to discuss her signature course at Yale titled “The Science of Well-Being” which has become the #1 most popular course among students. The course dives into what psychology and science tell us about happiness, and teaches strategies to form key habits to increase one’s overall happiness and well-being.

Now, Santos will return to New Bedford to discuss her research, speak about her course, and provide audience members with real takeaways and new approaches they can start to implement in their own lives.

For those interested in taking the course, the New Bedford Wellness Initiative has included the course in its Sunday wellness programming for adults. All are invited to gather on Sunday mornings at 9:00AM during the month of June. Participants may drop in for one or all classes. The course is

also available for free online at www.coursera.com.



FREE SPEAKER EVENT!

DO YOU WANT MORE HAPPINESS IN YOUR LIFE?

**A FREE TALK WITH NATIONALLY RECOGNIZED
YALE UNIVERSITY PROFESSOR AND
NEW BEDFORD NATIVE, LAURIE SANTOS!**

TUESDAY JUNE 12 | 6:30PM-8:00PM

**NEW BEDFORD WHALING MUSEUM
18 JOHNNY CAKE HILL, NEW BEDFORD**



**AS SEEN ON THE TODAY SHOW AS THE
CREATOR OF YALE'S #1 MOST POPULAR
COURSE, THE SCIENCE OF WELL-BEING!**

**Learn the psychology behind happiness, plus key strategies to
build important habits and increase overall well-being.**



You can take the course anytime at Coursera.com.
For more events like this, visit www.nbewell.com.



About the Course:

“The Science of Well-Being” taught by Professor Laurie Santos overviews what psychological science says about happiness. The purpose of the course is to not only learn what psychological

research says about what makes us happy but also to put those strategies into practice. The first part of the course reveals misconceptions we have about happiness and the annoying features of the mind that lead us to think the way we do. The next part of the course focuses on activities that have been proven to increase happiness along with strategies to build better habits. The last part of the course gives learners time, tips, and social support to work on the final assignment which asks learners to apply one wellness activity aka "Rewirement" into their lives for four weeks.

Laurie Santos' Bio:

Laurie Santos is a Professor of Psychology and Head of Silliman Residential College at Yale University. Additionally, she is the director of the Comparative Cognition Laboratory and the Canine Cognition Center at Yale. She received her A.B. in Psychology and Biology from Harvard University in 1997 and her Ph.D. in Psychology from Harvard in 2003.