



2023-2024 COMMUNITY OF CARE PROGRAMMING

Wednesday, November 8 • 7:00 p.m.
HUDSON MIDDLE SCHOOL AUDITORIUM

HAPPINESS 101: PROMOTING A POSITIVE MINDSET AND RESILIENCE IN YOUR TEEN

Hudson Community First is proud to present renowned speaker and author Tim Bono, Ph.D. addressing the pressures of social media and providing practical strategies for helping young people lead happier, more fulfilling lives. All are welcome. For more information, visit www.hudsoncommunityfirst.com.



Dr. Tim Bono is the author of *Happiness 101: Simple Secrets to Smart Living & Well-Being*. He is a faculty member in the Department of Psychological & Brain Sciences at Washington University in St. Louis where his teaching and research focus on positive psychology and college student development. His work has been featured in a number of national media outlets including NBC News, CNN, Fast Company, and the Associated Press.

~ Books are available for sale at the event, courtesy of The Learned Owl ~

COMMUNITY PARTNERS



Seton
Catholic
School



WRA



STATE OF MIND
HUDSON



SPONSORED IN PART BY



CLEVELAND ELECTRIC LABORATORIES
Thermocouples & Sensing Solutions since 1920

www.hudsoncommunityfirst.com