

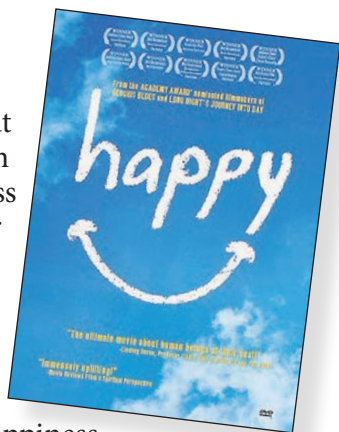
Our Health

A Film & Discussion Series at

FRONTIER
cafe + cinema + gallery

happy

Does money make you happy? How about kids and family? Your work? Do you live in a world that values and promotes happiness and well-being? *HAPPY* sets out to answer these questions and more. Taking us from the bayous of Louisiana to the deserts of Namibia, from the beaches of Brazil to the villages of Okinawa, *HAPPY* explores the secrets behind our most valued emotion and seeks the real meaning of happiness.



Guest Panelists

Jonathan Larssen, MDiv
Chaplain
MID COAST-PARKVIEW HEALTH

Rebecca Porter
Community Health & Wellness Instructor
Mindfulness-Based Stress Reduction

7 p.m., Tuesday, September 25

Frontier Café+Cinema+Gallery
14 Maine Street, Mill 3 Fort Andross, Brunswick

Admission is FREE, but SPACE IS LIMITED. TICKETS REQUIRED.

GET TICKETS to hold your seat at
www.explorefrontier.com/schedule/film

For general information, call (207) 725-5222.



MID COAST Center for
Community Health & Wellness

www.midcoasthealth.com/wellness