

Mindful Aging and Happiness Workshop series

Session 1: 15 Oct 05 (Sat), 1.30 – 4.00 pm

The Pleasant Life and How to Enhance It

- Positive Introductions
- Happiness Tests
- Increasing Happiness – Dealing with the Past, Present & Future
- Neurobics exercise (Set 1)

(Early bird registration : before 26 Sep 05)

(Closing date for registration : 7 Oct 05)

Session 2 : 22 Oct 05 (Sat), 1.30 – 4.00 pm

The Engaged Life and How to Build It

- Character strengths and virtues
- Being in the State of Flow
- Engaging work and creativity
- Group sharing
- Neurobics exercise (Set 2)

(Early bird registration : before 3 Oct 05)

(Closing date for registration : 14 Oct 05)

Session 3: 29 Oct 05 (Sat) , 1.30 – 4.00 pm

The Meaningful Life and How to Attain It

- Positive service: A Path to Meaning
- Aging Well and the Meaningful Life
- Neurobics exercise (Set 3)
- Group sharing

(Early bird registration : before 10 Oct 05)

(Closing date for registration : 21 Oct 05)

Session 4: 5 Nov 05 (Sat), 1.30 – 4.00 pm

The Full Life and the Empty Life

- Philosophers' Wisdom on Happiness
- The Progress Paradox
- Improving relationships through Active Constructive responding
- Gratitude visit and Group sharing
- Neurobics exercise (Set 4)
- Life Summary and Reflections

(Early bird registration : before 17 Oct 05)

(Closing date for registration : 28 Oct 05)

Facilitator : Mr. Titus Yong

Venue: Toa Payoh Central Community Club (for all 4 sessions)

Fees : \$ 15 per pax for 1 workshop (include refreshments)

\$ 50 per pax for 4 workshops (include refreshments)

Early bird registration : \$ 13 per pax for 1 workshop , \$ 42 per pax for 4 workshops

Group of 3 or more : \$ 12 per pax for 1 workshop, \$ 40 per pax for 4 workshops

Shan You Volunteer : \$ 12 per pax for 1 workshop, \$ 40 per pax for 4 workshops

YES! I would like to register for : “Mindful Aging and Happiness ”

- | | |
|---|---|
| <input type="checkbox"/> Seminar | <input type="checkbox"/> 4 workshops |
| <input type="checkbox"/> Workshop session 1 | <input type="checkbox"/> Workshop session 2 |
| <input type="checkbox"/> Workshop session 3 | <input type="checkbox"/> Workshop session 4 |

Name: (Dr/Mr/Ms) _____

Address: _____

_____ Singapore ()

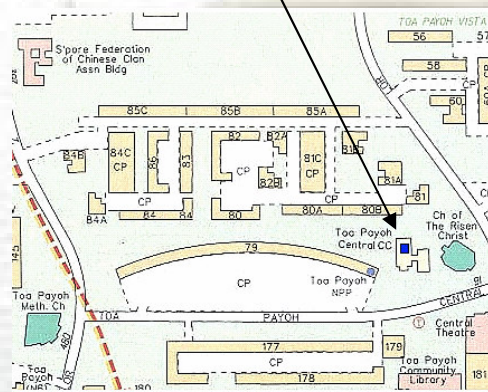
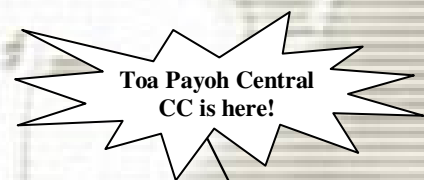
Tel: _____(Mobile) _____(Off) _____(Home)

Email: _____

Cheque payable to: **“Shan You Counselling Centre”** and mail it to us at Blk 9, Upper Boon Keng Road, # 01-960, Singapore 380009
Or fax the completed registration form to us at 67419352.

For Enquiries and Registration, call Mildred / Jane at 67419293
or email mildredang@shanyou.org.sg

For more information, visit our website at www.shanyou.org.sg



Buses available: 157, 163, 231, 88, 105, 153, 56
Nearest MRT: Toa Payoh MRT Station

Organised by:



Toa Payoh Central
Community Club

Supported by:

