

WRIGHT STATE FAMILY MEDICINE EDUCATIONAL SESSION



Brain Matters: Happiness

Brain Matters is a class focused on building resilience with attention given to factors regarding sleep, exercise, diet, anger management, and healthy relationships. Dr. Paul Hershberger will lead a discussion on the following topics:

- Myths about happiness
- Predicting happiness
- Positive emotions and health
- Sharing positive experiences with others

Thursday, August 11, 7–8:30 p.m.

Wright State Physicians Health Center
Campus of Wright State University
725 University Blvd. ■ Fairborn, OH 45324
Second Floor ■ Classroom 1

The session is free and open to the public.

To register, contact Elizabeth McCarter at elizabeth.mccarter@wspi.org or 937.245.7213.

The speaker is Paul Hershberger, Ph.D., a clinical health psychologist. He is a professor of family medicine and director of behavioral science for the Family Medicine Residency Program at the Wright State University Boonshoft School of Medicine. His clinical practice includes psychotherapy, consultation, and coaching.



Wright State Physicians

FAMILY MEDICINE

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