



POSITIVE PSYCHOLOGY ACADEMY

**Thursday,
June 9, 2022**

**Choose a time:
11 a.m. - 1 p.m.**

OR

3 - 5 p.m.

**Albuquerque
Museum
in Old Town
Free Parking**

You will be provided with the basics on how to build on the strengths that enable individuals to thrive. This academy follows the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.

Open to employees and family members

ALL ATTENDEES RECEIVE:

- Cooking demonstration
- Strategies to thrive
- Box meal
- The Four Agreements Book

**Limited enrollment. Registration required.
Register by May 20.**

**Scan the QR Code to register
or use the registration link:**

<https://www.surveymonkey.com/r/B6H8PR7>



BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

raChelle Karman
Insurance and Benefits Division
505-768-2921 (TTY 711)



**The
Solutions
Group**

**2 hours approved leave for City of Albuquerque
employees with supervisor's prior approval.**