



## Pursuing happiness



Happiness is not just a fleeting emotion but a long-term state of being that can be improved over time.

Register for this [live webinar](#) on Wednesday, July 12 at 1:00 pm CT to:

- Explore definitions of happiness and the role of positive psychology in enhancing happiness.
- Consider barriers to happiness in daily life and how to remove them.
- Understand and adopt strategies to improve your wellbeing.

*\*All live webinars are recorded and posted on your member website.*

Visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) (enter Principal Core) or call your Employee Assistance Program at 1-800-450-1327 (TTY 711) for helpful resources.