



# SCIENCE OF HAPPINESS

## The Science of Happiness:

Discover a path to improved mental health where we explore the science of happiness through the principles of gratitude, positive relationships, mindfulness, others-orientedness, and exercise.

Gain a deeper understanding of their positive influence on mental well-being and discover practical strategies to integrate these practices into daily life.

**April 10  
5 PM**

Sierra Bible Church  
15171 Tuolumne Rd



**NotMyKid.Life  
#NotMyKidTuCo**

## Rob Egger



Rob Egger is an educator who has worked for the past 30 years in Tuolumne County as a teacher, lecturer, and administrator. He has taught education courses as a lecturer at California State University, Stanislaus and as an instructor at Columbia College. Rob is currently the Director of Grant Programs at the Tuolumne County Superintendent of Schools where he oversees mental health, social emotional learning, and the School Attendance Review Board.

