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## **Cultivating Happiness**

Date and Time

Tuesday 1/21/2020 10:00 to 11:00am

Event URL

<https://thecentercville.org/>

Event Region

Charlottesville Area

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

Cultivating Happiness Tuesday, January 21, 2020 | 11:00-12:00pm Happiness can affect your overall health. Social interaction is a component to happiness and is extremely important as you age. Join Dr. Mary Preston, geriatric doctor and professor at UVA and Mary Baldwin, and Tracy Meade, long-term care consultant, as they discuss ways to avoid isolation in retirement years. Free and open to the community. Open to all.