live happy be healthy

Keshen Goodman Public Library

Chebucto West Community Health Board

The Keshen Goodman Public Library and the Chebucto West Community Health Board want to make you happy. Join us for a series of events and presentations on the connections between happiness and health.

Sponsored by the Chebucto West Community Health Board.

Happiness in Action: Open House

Join us for a day of laughter, music and movement.
Saturday, October 15/10:30 a.m-3:30 p.m.

Laugh & Play
Ages 0-5
10:30 a.m.
A special storytime featuring our favourite funny stories and songs, followed by play and craft time.

You Gotta Sing
11:30 a.m.
A guide through joyful songs with accessible harmonies. Come to sing or come to listen, no experience necessary.

Zumba®
12:15 p.m.
An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™. Suitable for all ages and fitness levels.

Laughter Yoga
1 p.m.
Health benefits include stress relief and improved functioning of your immune system.

The Katz Pyjamas
1:45 p.m.
Enthusiastic ukulele playing seniors spread happiness by sharing their love of music.

Hula Hoop Fitness
2:30 p.m.
This family friendly fitness routine will have you laughing and spinning in a calorie busting hour of cardio fun.

Lego Block Party
2:30-3:30 p.m.
Ages 5+
Let your imagination go wild with the library's LEGO® collection.

Happiness is a Good Story
Learn how to tell your story through visualization techniques and oral narrative exploration.
Sunday, October 16/2:30 p.m.

The Power of Laughter
Laughter affects our creativity, physical and emotional health.
Tuesday, October 18/7 p.m.

This is You (& Your Community) on Happiness
Halifax Happiness PROJECT
An interactive evening highlighting some of the new innovations from the science of positive psychology.
Wednesday, October 19/7 p.m.

Revealing Personal Wisdom Hidden Within Dreams
Learn more about how you can interpret your dreams for greater personal insight and fulfillment.
Tuesday, October 25/7 p.m.

Meditation & Mindfulness: Discovering the Origin of Happiness
Meditation and mindfulness are long-standing traditions in Buddhism, offering practitioners a path to greater happiness and health.
Wednesday, October 26/7 p.m.

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