

MCPS Well Aware presents

# How to Hack Happiness

Do you want more happiness in your life? Meet the fabulous four: dopamine, oxytocin, serotonin, and endorphins. We will dive deep into health and science to help you understand how these four hormones can improve your mood and how you can help your body increase their levels naturally.



- **WEDNESDAY,**  
**APRIL 17, 2024**  
4:30 p.m. Webinar

**PLEASE REGISTER** for this webinar by emailing  
[wellness@mcpsmd.org](mailto:wellness@mcpsmd.org) for the log-in information.

