



AAPI Heritage Month and
Mental Health Awareness Month
special presentation:

Happiness Practices

May 22, 2024

3:00 PM—4:00 PM

*Join us to learn about the science
of happiness, and learn tested
practices proven to increase your
happiness and well-being!*

**By Derek Hsieh,
LCSW, Ph.D.**



Free and open to the public.

Refreshments served

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LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.

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