

TRI-C WESTSHORE CAMPUS

LEARNING

FOR LIFE

Lecture Series *presents*



Why Life Sucks: Enjoying the Lightness of Being

with Dr. Param Srikantia,
Professor, Seminar Leader and Author

We have all known moments when we experience the full potential for enjoyment and richness in our lives. Yet, in our everyday lives, we seem to be making very little of this profound potential.

Join Dr. Srikantia and explore the secrets of happiness practiced for centuries by cultures and civilizations around the world.

The lecture will help you live each moment with wakefulness and a sense of vitality, experiencing a profound appreciation of life rather than the chronic, restless discontent that usually envelops us.

Wednesday, Nov. 16, 2016 | 6:30 p.m.
Westshore Campus Room 112

31001 Clemens Road, Westlake

Free and open to the public! No reservations required.

For additional information, please contact:

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