

WHAT are the ingredients for a happy life?

HOW does it feel to be human?

**NO MATTER WHAT**

you may have  
experienced or witnessed  
it is still possible  
to lead a joyful existence  
once you understand  
the tools at your disposal

**FELLOW VETERANS**

will explore these topics  
to discover a practical approach  
to the daily challenges of life

**THURSDAY, @7 PM  
JANUARY 18, 2018**

Wilmington VA Medical Center  
1601 Kirkwood Highway  
Wilmington, DE 19805  
(Building #5 outside the rear entrance)

To register, email [banksdaniel2f@gmail.com](mailto:banksdaniel2f@gmail.com)

