



## The 7 Secrets of the Happiest People in the World

Find out the main difference between happy people and unhappy people and how to be happier today!



TAMARA ZONER

Learn what happiness really is and how to increase yours! We'll cover the seven main areas of happiness and the habits that support them. You'll learn practices and techniques to calm your mind, strengthen your immune system, deal with negative people and undesirable circumstances, and keep calm when the world feels like chaos. You'll leave with simple practical techniques that you can start using right away to manage stress, improve wellness, and raise your own level of happiness right away!

Tamara Zoner is an award-winning keynote speaker and Happiness Trainer who works with students of all ages to teach them the actions and habits of happiness. A Michigan native, single mom to 3 teens, and former Director of Life Enrichment at All Seasons West Bloomfield, Tamara is on a mission to make the world a better place, one happier person at a time!

**WEDNESDAY, MARCH 8, 2023**

6:00 DINNER / NETWORKING IN PERSON | 6:30 P.M. MEETING / ZOOM / PROGRAM

**PLEASE REGISTER AT [WWW.NOVI-ABWA.ORG/EVENTS](http://WWW.NOVI-ABWA.ORG/EVENTS)**

\$20 TO ATTEND IN PERSON (INCLUDES DINNER) | \$5 TO ATTEND VIA ZOOM

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45255 W. TEN MILE ROAD, NOVI, MICHIGAN (WEST OF NOVI ROAD)

THE AMERICAN BUSINESS WOMEN'S ASSOCIATION WELCOMES ALL WOMEN AND MEN AS MEMBERS. [WWW.ABWA.ORG](http://WWW.ABWA.ORG).  
QUESTIONS? E-MAIL PROGRAM CHAIR MARCIA GREEN AT [NOVIOAKSABWA@GMAIL.COM](mailto:NOVIOAKSABWA@GMAIL.COM)



**Novi Oaks Charter Chapter**