

Well-Being Series

Happiness by Choice: A Book Talk on Transforming Pain into Purpose



In an upcoming book titled “The Happiness of Coaching,” Carmen Alvarez wrote a chapter called “Happiness by Choice,” where she speaks about the transformation that happens once you allow the experience of loss, divorce, or sickness to be a catalyst for change.

Date: Friday, March 29, 2024

Time: 12:00 PM – 1:00 PM

Location: Blum Center
White 110

Join Carmen as she shares her story on grief and loss, and ways she navigated them to help her through her healing journey.

This event is free and open to Mass General patients, families, staff, and the general public. Spaces are limited and available on a first come, first served basis. No registration is needed.

For more information, call 617-724-7352 or email PFLC@partners.org



Featured Speaker: Carmen Alvarez, MHA

Carmen is a well-being teacher and coach. As a certified workforce mindfulness facilitator, she integrates mindfulness and well-being to provide a comprehensive and integrated wellness approach. Carmen is also a Certified Reiki Master and has served as a Reiki Therapist at Mass General Hospital and Brigham and Women’s Hospital in Boston since 2018.