

## Well-Being Series

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

**Date:** Tuesday, May 7, 2024

**Time:** 12–1 pm (Eastern Time)



In a recent book release 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.

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



### 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.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on this link: <https://partners.zoom.us/j/83606663092>
- Please submit questions you may have about the topic before the program to: [PFLC@partners.org](mailto:PFLC@partners.org) so that the speaker may address them during the session.

For more information, call 617-724-7352 or email [PFLC@partners.org](mailto:PFLC@partners.org)



### Blum Center Program Schedule

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