

ACTION FOR HAPPINESS



**WAVERLEY**  
care Positive about HIV, Hep C  
& Sexual Health in Scotland



# Ten keys to happier living

## Building a happier, more meaningful life

Monthly online group for people  
living with HIV or Hepatitis C

Starts Thursday 15 April 2021  
6.30-8.00pm

Visit [bit.ly/AfHScot21](https://bit.ly/AfHScot21) to register  
Free to Attend | Donations Welcome

GIVING



RELATING



EXERCISING



AWARENESS



TRYING OUT



DIRECTION



RESILIENCE



EMOTIONS



ACCEPTANCE



MEANING



GIVING  
RELATING  
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DIRECTION  
RESILIENCE  
EMOTIONS  
ACCEPTANCE  
MEANING



Join Waverley Care and Action for Happiness (AfH) for a new, monthly group about building a happier, and more meaningful life.

Each month you'll get the chance to meet new people, explore AfH's Ten Keys to Happier Living, and set personal actions to get you there.

- Tailored to people living with HIV or Hepatitis C
- Delivered online
- Free to attend
- Donations welcomed (suggested £5 per session)

10x 90min sessions starting:  
Thursday 15 April 2021  
6.30-8.00pm

Then the 3rd Thursday  
of each month

For more information, or to sign up, contact:

[robert.pollock@waverleycare.org](mailto:robert.pollock@waverleycare.org)

or visit [bit.ly/AfHScot21](http://bit.ly/AfHScot21)

