

ARLINGTON PUBLIC LIBRARY & ENCORE LEARNING

~~~~~SPECIAL EVENT~~~~~

## Meet the Author Series



**Dr. Beth Cabrera will speak on**

### **Cultivating Positive Emotions for Enhanced Well-Being**

*Author of **Beyond Happy: Women, Work, and Well-Being***

**Date: Monday, September 14, 2015**

**Time: 3:00 pm to 4:30 pm**

**Place: Arlington Central Library**

Dr. Cabrera is passionate about helping individuals apply knowledge from the field of positive psychology to achieve greater success and well-being. She will present the benefits of positive emotions and discuss mindfulness and other strategies for increasing positive emotions.

After earning her Ph.D. in Industrial/Organizational Psychology from the Georgia Institute of Technology, Dr. Cabrera joined the faculty of Universidad Carlos III de Madrid, one of Spain's top universities. Upon returning to the States, she continued her academic career as a professor of management at Arizona State University and later as a Senior Research Fellow at Thunderbird School of Global Management. Currently, she is a Senior Scholar at the George Mason University [Center for the Advancement of Well-Being](#).

**NOTE:** Copies of Dr. Cabrera's new book will be available for purchase.

**Registration:** No registration required. This event is free and all are welcome.

**Directions:** The Arlington Central Library is located at 1015 N. Quincy Street between Washington Boulevard and Fairfax Drive. Parking is free at the Library or take Metro to Virginia Square on the Orange line.

*This program is jointly sponsored by Encore Learning (formerly ALRI) and the Arlington Public Library. For details, call Encore Learning at 703-228-2144, press "1" and then press "3" for Special Events or call the library at 703-228-5996. Encore Learning is also affiliated with George Mason University and The Arlington Public Schools Adult Education Program.*

