

The Mid-Plains Center for Enterprise will host “Taking Care of Me: The Habits of Happiness” with author and international trainer MK Mueller on Wednesday, April 25, in both McCook and North Platte.

The presentation will take place from 1 to 5 p.m. CT in the Keystone Dining Hall (first floor) at the Keystone Business Center, 402 Norris Ave. in McCook and from 6 to 9 p.m. CT at North Platte Community College’s McDonald-Belton Theater on the south campus.

In the presentation, Mueller reminds people that greater happiness and increased energy have been found to be the result of specific beliefs and behaviors.

“While some of us grew up believing the goal of being happy was selfish, now we’re all understanding that our own happiness is one of the greatest gifts we can give those around us,” Mueller said.

Based on her highly acclaimed book by the same title, this presentation covers the four reasons people run from happiness, the habits of the happiest people, how to make happiness contagious, and more.

Cost is \$25 per person. To register for the McCook presentation, please call Sharon Kircher at (308) 345-8123. To register for the North Platte presentation, contact Crystal Welch at (308) 535-3714. To learn more about MK Mueller, visit www.8togreat.com.