



## **PUBLIC LECTURE**

Lunchtime seminar

Wednesday, April 15, 2026

12h15 - 13h00

Regina Mundi  
(Department of Psychology)

Room: C-0.104

**Marc Schulz, PhD**



## **The Good Life: Lessons for Living from the World's Longest Study of Well-Being**

Curious to know what science has to say about how to live a happier and healthier life? Prof. Schulz will share why the Harvard Study and additional studies point to relationships as a key foundation of the “good life,” and some steps that individuals can take to improve their relationship health and happiness.