How to Live a Happy Life

Sam Berns was diagnosed with Progeria, a rare, rapid aging disease, at the age of 2. Despite these obstacles, Sam focused on the positive aspects of his life so that each day could be a happy, fulfilling day.

Our students learned about Sam by listening to his philosophy for living a happy life. Then, they thought about their own lives and how they could be happier too. Check out what our students had to say!

Thank you, Sam!