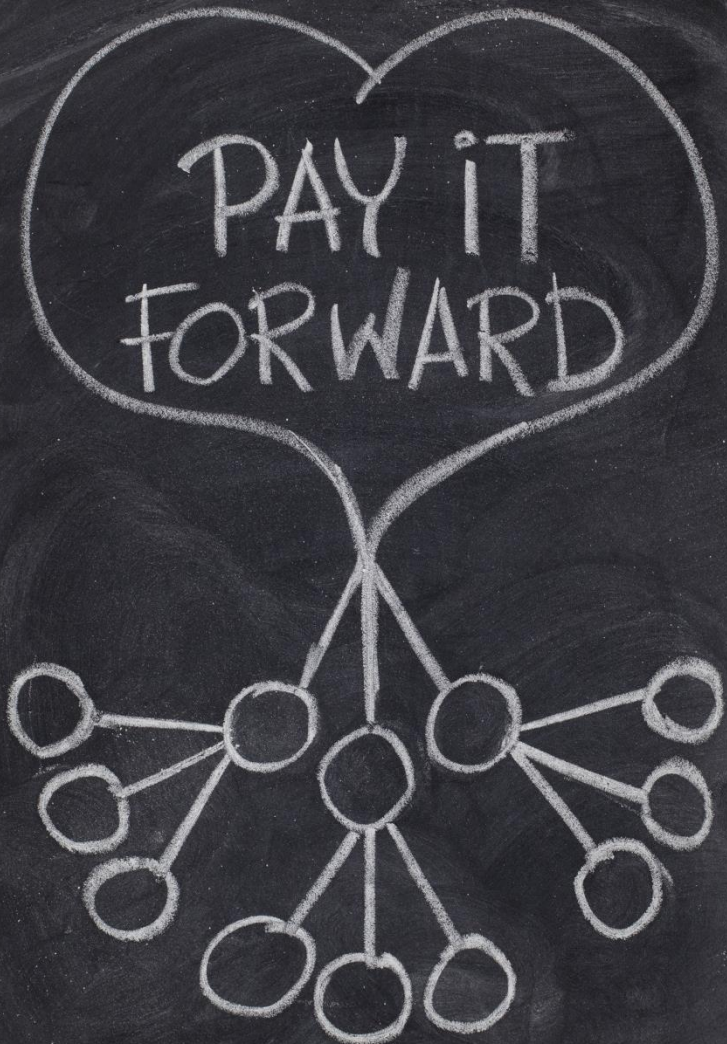


Mindful Moment



Take a moment and consider all the kind people in your life, and how they have made a difference.

Kindness reduces stress, anxiety, depression and can put yourself/others at ease. You will never regret being kind.

Be the change. Be the reason someone smiles.

Take a mindful moment and spread joy to others.

Deliver a *Random Act of Kindness* today.

“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.”

- Amelia Earhart