

LIFESTYLE TIP OF THE MONTH - March 2023

RANDOM ACTS OF KINDNESS



Every small act of kindness is significant. And just like a domino effect, one act of kindness can lead to a more positive outcome!

Here are some suggestions:



-Compliment a stranger.



- Invite a friend out for lunch.



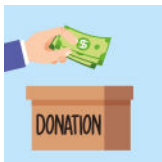
-Take someone new in your neighborhood on a tour of the city.



- Sit next to someone who is sitting alone at lunch.



-Drop a coffee or tea on someone's desk or door.



- Donate to charity.

In a world where you can be anything, be kind!

