



HEALTHY HEARTS!
HEALTHY YOU!

it's in your hands

Create positive change in
yourself and others during the
Kindness Connection Challenge.



You have the power to spread positivity! Small acts of kindness can uplift those around you and boost your own well-being. By being more caring, you can feel less stressed, be more connected and even help improve your blood pressure.

Feel the benefits of kindness for yourself. Plus, you and your spouse can earn 50 points! Register for the Kindness Connection Challenge today.

1. Show kindness to yourself and others by following our weekly themes and suggested activities.
2. Log at least 21 days of your kindness journey from July 22 to August 18 on our site.
3. Be kind and record "Yes" that you completed an act of kindness for at least 14 days.

WHAT YOU'LL LEARN

Each week, you'll receive emails to inspire your kindness journey with different topics, including:

- **Be kind to yourself** – Show yourself compassion to help stay positive and focused on the future.
- **Think of loved ones** – Let friends and family know you care through small but meaningful gestures.
- **Consider the environment** – Pick up a piece of garbage, plant a native plant or find ways to be more energy-efficient.
- **Care for your community** – Learn how you can help create a healthy and more connected local community



Help make the world a kinder place! Register from July 8 – July 29 at
webmdhealth.com/zollwellness.

SOURCE

Mayo Clinic: "The art of kindness"



ZOLL



WebMD
Health Services