

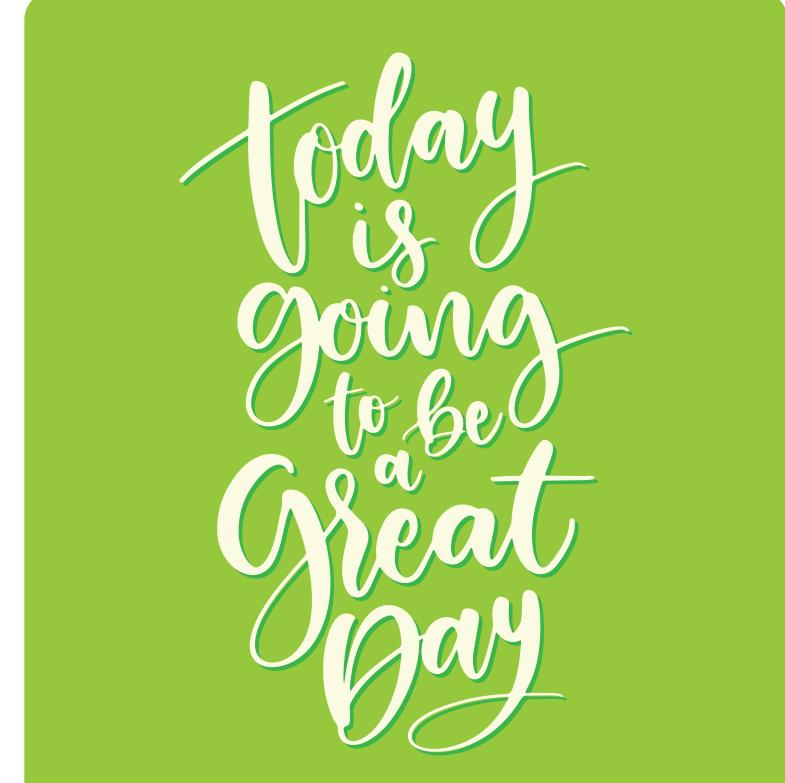
## Kindness starts with one.



St.JosephHealth Mission Hospital St. Joseph Hospital St. Jude Medical Center

@PromiseToTalk 0 **#PromiseToTalk** 

f



## Kindness starts with one.





f @PromiseToTalk #PromiseToTalk

## Kindness is contagious!

Pass it on—here are some random acts of kindness you can do:

- Talk with a friend you haven't seen lately
- Help someone with their homework
- Take time to give compliments
- Help make dinner
- Set the table for dinner
- Share sticky notes with nice messages
- Write a thank you note
- Hold the door for someone
- Leave flowers for a family member
- Make a new friend
- Help your teacher
- Read a book to someone



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