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ACTS OF KINDNESS THIS FALL

- Pay for a coworker's coffee.
- Help someone prepare their house for winter.
- Bake a pie and take it to a neighbor.
- Donate warm clothes to a shelter.
- Rake a neighbor's leaves.
- Make a casserole for a struggling friend or family member.
- Compliment a stranger.
- Call an old friend to check in.
- Send a care package to a soldier.
- Thank a healthcare worker.
- Donate blood.
- Write a thank you note to your mail carrier.
- Get your COVID-19 vaccine.



MOUNT CARMEL

A Member of Trinity Health