

# COMMIT TO *KINDNESS*

## FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Spread kindness this month by committing to at least three activities from the list below.

- Volunteer your time
- Make a donation (blood or plasma, or gently-used household items)
- Become an organ donor
- Practice active listening
- Say "please" and "thank you"

