

# UNITED IN KINDNESS

Practicing kindness not only profoundly affects those around us but also enhances our own well-being and happiness. Kindness adds meaning to life, fosters a sense of belonging, and strengthens relationships. By embracing everyday acts of kindness, we support ourselves and others in our fast-paced, digitally-driven world. Through these small acts, we can spread kindness, enriching the culture of our communities.

**When creating content for ‘United In Kindness’ and/or taking action to get your community involved, consider including the following elements:**

**Kindness Idea:** Provide a specific suggestion or idea for an act of kindness. This could be something simple, like smiling at a stranger, or more involved, such as volunteering or donating.

**Quote:** Include a quote that inspires kindness or reflects the theme of the card. This could be a famous quote or something original.

**Design:** Use a visually appealing design that reflects the theme of kindness. Consider using colors and images that evoke feelings of warmth and positivity.

**Message:** Include a brief message encouraging the recipient to perform the act of kindness and spread positivity.

Your handcrafted kindness cards will be shared with the seniors at **Glens Falls Senior Center** and the **Senior Center of Kingsbury & Fort Edward Area, INC.**

For more information about how to get involved with Tri-County United Way, please contact Laura Jensen, Community Engagement, at (518) 793-3136 or [Ljensen@tricountyunitedway.org](mailto:Ljensen@tricountyunitedway.org).

