



LIVE YOUR WHY

Afterschool Edition



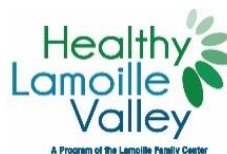
Hold a door for at least one person today.



Why would you do a kind gesture, such as holding a door for someone?



What kind gestures do you think are most impactful?



Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy