



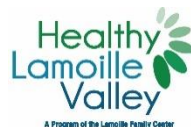
Live Your Why – Afterschool Edition

Hold a door open for at least one person today.



How do you think the person felt after you held the door open for them?

Why would you to do an act of kindness, such as holding a door open for someone?



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