Enjoy six months of improved happiness on us!

Use one card a week, then give the card away so someone else can pass it on and experience the happiness you have discovered!
Please enjoy this random act of kindness. Now it’s time to pass it on!

Let’s see how far these cards travel.

Please email your location and story or photo about your random act of kindness to: wellness@lrhc.org
or find us on Facebook at: LiveWell Fergus Falls
The next time you tip someone, be overly generous.
Stop at a child’s lemonade stand, purchase a glass... leave a tip.
Relay an overheard compliment.
Do something special that you know your significant other will appreciate.
Leave someone a random note of happiness.
Thank those who feed you.

Send a note back to the cook!
Write a love note and hide it in a magazine your partner is reading, or somewhere else they will find it.
Thinking of sending an email?

Why not see them face to face?
Write a letter to a person from your past that has impacted your life.
Hug somebody like you mean it.
Call someone you love.
Tell them you love them.
Allow someone to help you.

Let them enjoy performing an act of kindness.
Thank a veteran for his or her service.
Offer to walk someone's cart back to the cart return.
Leave coins in the pop or candy machine.
Write inspiring chalk messages on the sidewalk.