



Share a Random Act of Gratitude

**Wednesday, December 11, 2024
12:00 noon – 12:30 p.m.**



The December WellNYS Everyday Monthly Challenge is to be kind with a random act of gratitude. Join us as we share 10 ways of showing kindness to others that are free or inexpensive. Participants are encouraged to share a creative act of gratitude in the chat box.

Presented By:

Linda Carignan-Everts, Statewide Wellness Coordinator

To register for this webinar, go to

<https://meetny.webex.com/weblink/register/r42dbaa1306294449e19d43ec2f00cdc5>

