



**Begins September 16, 2019!**



# PAY IT FORWARD

*“There is no exercise better for the heart than reaching down and lifting people up.”  
- John Holmes*

**Here are ways you can pay it forward & make someone smile:**

- Volunteer at a food bank or hospital*
- Give blood or bone marrow*
- Visit a senior center*
- Coach a local youth team*
- Tutor a student*
- Organize a community clean up*
- Do volunteer day w/ colleagues*
- Write a letter to a soldier*
- Pay for someone’s coffee*
- Post encouraging notes*

Log 3 activities by October 6 to be entered to win a \$50 Amazon gift card!

**Name:**

**Goal:** *Take 3 opportunities to make a difference in someone's day!*

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**2**

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**3**

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**All forms must be received in HR before October 7**