



Thankful  
Grateful  
Blessed

# In November we celebrate Thanksgiving and Gratitude

**Gratitude is considered by many to be the healthiest of all human emotions.**

People who are grateful experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have a stronger immune system.

What better time to practice gratitude than in November as we celebrate Thanksgiving.

**Look for information and activities throughout the month – and express some gratitude.**