



*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.