

The background of the entire page is a light cream color with faint, stylized outlines of autumn leaves in shades of pink, orange, and yellow. In the upper center, there is a large, irregular watercolor splash in warm tones of orange, red, and yellow. Overlaid on this splash is the text "Thankful Grateful Blessed" in a black, cursive script font.

*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.