

THE 2018 CARE WELL CHALLENGE

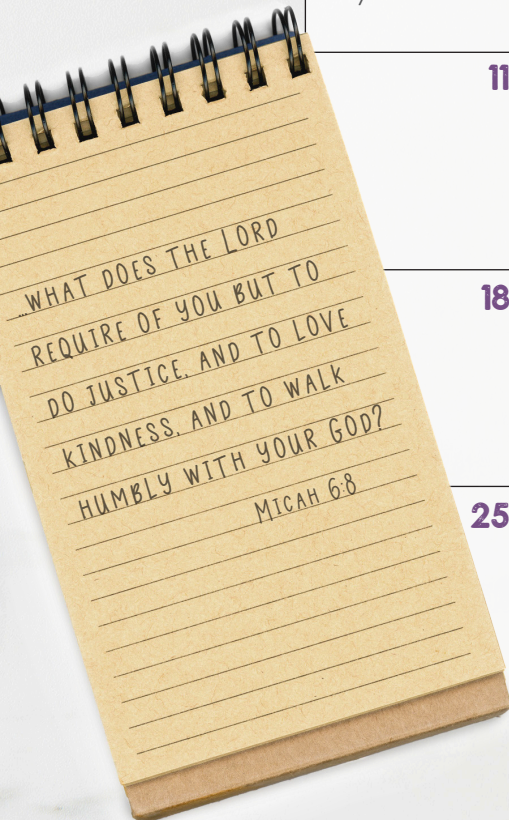


NOVEMBER

A single act of kindness throws out roots in all directions,
and the roots spring up and make new trees. -AMELIA EARHART



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Leave money on a vending machine with a note: "Enjoy your snack!"	5	6	7 Send an encouraging email or text to someone who has had a difficult month.	8	9	10 Write a note to your pastor, listing the reasons you value him or her.
11	12 Compliment three people today.	13 World Kindness Day	14	15	16 Offer to do errands for a family caregiver.	17
18	19	20 Invite a lonely or grieving person to join you for Thanksgiving dinner.	21	22 Thanksgiving	23	24
25	26 It's Family Caregiver Month . Offer to spend time with a patient for a few hours, to give the caregiver a break.	27	28	29 Let someone go ahead of you in a line.	30	



Visit WISDOMoftheWOUNDED.com/care-well-challenge
for calendar updates and downloads.

