World Mental Health Day

Intentional Acts of Kindness

Recovery Devon

invites you

to help make some-one's life feel better

by choosing to take part in an

Intentional Act of Kindness

Monday-10th October 2011

An intentional act of kindness is a selfless act.
It can be offered to

- An individual, known or unknown
- A group or organisation.
- It can be a spontaneous act
- or a planned Act to bring Kindness to Someone,

It can be as simple as a smiling to a stranger or as generous as you choose. The key is to expect nothing in return.

Getting involved can make you feel good.

It's easy - just log into Facebook and search for Recovery Devon's Facebook page, click 'like' and pledge your support, then please share this to spread the word!

www.recoverydevon.co.uk