



Random Acts of Kindness Week

[Level Up](#) is spreading love and kindness. You are the heartbeat of the County and we want to encourage a heart healthy workplace culture through kindness.

We are celebrating Random Acts of Kindness Week (RAK)! RAK was created by the [Random Acts of Kindness Foundation](#) with the mission of making kindness the norm.

When we practice kindness either to other people or towards ourselves, we can experience positive mental and physical changes through lowering stress levels and increasing the body's production of feel-good hormones.

Showing kindness to others does not have to mean doing something big or life changing. It's often the smallest acts of kindness that can have the most impact. A moment of support in a time of need, a quiet word of encouragement, a helping hand to carry a heavy load, or just a smile that says 'I see you' can make a world of difference.

We will be hosting a variety of webinars focused on kindness, joy, and heart health.

Join Us at Noon in February!

Date	Class	Registration Link
February 13	Emotional Intelligence	Sign up now
February 14	The Joy Is In the Journey	Sign up now
February 15	Holistic Heart Seminar	Sign up now

Wellness Prizes

Everything is better with prizes, right?

During Random Acts of Kindness Week, Level Up will raffle off the following:

- **Stanley Cup**
- **\$100 Gift Card**
- **Retro Convection Toaster Oven**

To be entered into the random drawing each week, you must register and attend at least one (1) webinar scheduled for that week. Prize winners will be announced during the weekly Wellness Wednesday articles.



Make a point of showing yourself, and those around you, some kindness. You'll feel better for it. That's elevating your total well-being!

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