

# Kindness Day

Published 11/19/2024 by **Mahsa Hajir**

**Dates:** Tuesday November 26, 2024

**Time:** 2-6pm (Kindness Whiteboard & Tees) & 2:30-4:30pm (Hugs & Photo ops with Sammy)

**Location:** Newnham Fitness Centre

This wellness week, we're celebrating World Kindness Day at the Fitness Centre with the following activities that are sure to warm your heart and make you smile.

## **KINDNESS WHITEBOARD & TEES**

Drop by 2-6pm to write a kind message on the whiteboard and receive a T-shirt while supplies last.

## **SAMMY HUGS & PHOTO OPS**

From 2:30-4:30pm, you can get a hug and take a photo with Sammy.

Kindness is the quality of being friendly, generous, and thoughtful. It typically involves actions that enhance the well-being of others, whether through small gestures, support, or even just sharing a smile. Kindness can also be practiced toward ourselves, which is self-kindness. Both kindness toward others and ourselves are good for our health and well-being.