



be   
kind

## Using Kindness to Achieve Personal Success & Happiness

**WED, DEC 18**

**11:30 AM-12:30 PM**

**REGISTRATION**

**WELLNESS.AZ.GOV**

**>CLASSES TAB**



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**Earn 25 HIP Points!**

**BY BEING CONCERNED ABOUT OTHERS WE CAN BUILD RELATIONSHIPS AND GAIN SUPPORT. BY SERVING OTHERS WE CAN BE HAPPIER ABOUT OURSELVES. KINDNESS CAN BE MORE THAN THE RIGHT THING TO DO, IT CAN BE A PATH TO SUCCESS AND HAPPINESS.**