

be kind.

Kindness has been shown to cause a ripple effect. Research shows if you show kindness to one person, that person will show kindness to four people and those four people will show kindness to four more people and so on. These exchanges of kindness can change the world.

Teens for a Better Tomorrow (#t4bt), the youth advisory board for Chambersburg Cares, believes in this be kind attitude and has launched their first Kindness Campaign focused on intentional acts of kindness in the schools, workplaces and the community at large. We are challenging kids of all ages and adults in our community to be kind to one another - to intentionally be kind - by offering up a smile, giving a high five, paying for a stranger's drink/meal, befriending someone new, or in any way you like!

Teens for a Better Tomorrow and Chambersburg Cares are selling "be kind" shirts in schools, businesses, and organizations - and would love to have everyone wear their "be kind" shirts on Fridays in February as a visible reminder to others to be kind.

Shirts are \$8 for one or \$7.50 for two or more. Buy shirts for you and your whole family or you can also donate a shirt for someone who can't afford one - and let's just see how many shirts we can see throughout February (especially on Fridays!)

Visit <http://www.hcpfranklinpa.org/bekind.html> to learn more about the kindness challenge!

Shirts are indigo blue, Gildan pre-shrunk cotton.

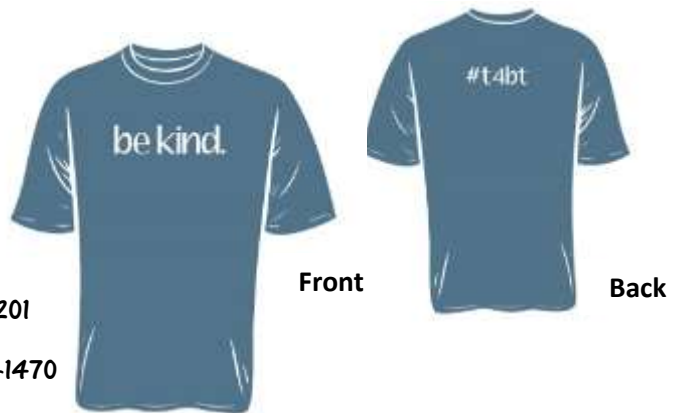
To order - complete the form below or go to:

stores.bluemountainsonline.com, then HCP - BE KIND

Paper forms can be mailed with payment to:

Healthy Communities Partnership, 232 Lincoln Way East, Chambersburg, PA 17201

For more information - contact Christy at Christy.hcp@gmail.com or (717)264-1470



Name: _____ Email: _____ Phone: _____

Organization: _____ Department (if applicable): _____ Work Phone: _____

Size and Quantity: ___ Youth Small ___ Youth Medium ___ Youth Large ___ Youth X-Large
___ Adult Small ___ Adult Medium ___ Adult Large ___ Adult X-Large ___ Adult XX-Large

Shirts are \$8 each, or two or more for \$7.50 each.

You can also donate the cost of a shirt to provide one for a child who can't afford one!

- I am paying for ___ shirts (\$8 for one, \$7.50 each for more than one) - select sizes above \$ _____
- I would like to donate _____ shirts (\$7.50 each) - recipient will be selected for you \$ _____
- I would like a shirt if one is available but cannot afford one. (availability not guaranteed)

Total \$ _____

All forms and money are due to HCP or ordered online by 1/16 for delivery by 2/2
or by 2/6 for delivery by 2/22