

Helping you be your best.

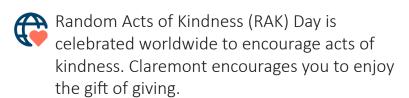




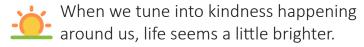
National Random Acts of Kindness Day



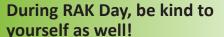
February 17, 2021



Everyone can use more kindness in their lives. Scientific evidence shows us the positive effects of doing kind acts for others as well as receiving or even witnessing kindness. Even the smallest act of kindness can change a life. How cool is that?



In 2021, we encourage you to Explore the Good and Make Kindness the Norm.



Access your free and confidential mental health benefits, legal consultations, financial services and work/life referrals.



Call toll-free 800-834-3773 claremonteap.com

#ExploreTheGood #MakeKindnessTheNorm #RandomActsofKindnessDay

Visit randomactsofkindness.org for more information