







National Random Acts of Kindness Day

February 17, 2021

 Random Acts of Kindness (RAK) Day is celebrated worldwide to encourage acts of kindness. Claremont encourages you to enjoy the gift of giving.

 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?

 When we tune into kindness happening around us, life seems a little brighter.

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

During RAK Day, be kind to yourself as well!

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