

# Be You. Do Good.

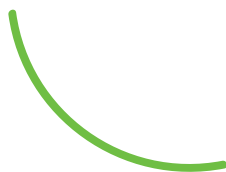
## Live Well Together

Giving back not only helps your community and the organizations that are important to you, but makes you feel better and gives you the sense of being part of a team. The act of being of service to others also has mental and physical health benefits. It reduces stress, combats depression and provides a sense of purpose.

### How to get started:

1. Select a local organization to volunteer or collect items for.
2. Pick a collection site and confirm the dates.
3. Use the fill-in flyer on the next page to promote your event.

### Example



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Live Well Together

As part of **Wellness Week with Herren**, we will be collecting items for:



ACCEPTING DONATIONS OF:

COLLECTION SITES:

Share how you are giving back with hashtag #BeYouDoGood.  
We will highlight a few in our upcoming newsletters.

Let's come together to celebrate wellness, the power of community and giving back.

**WELLNESS WEEK**  
WITH HERREN

[wellnessweekwithherren.com](http://wellnessweekwithherren.com)