Create fun, bright cards for those in our community who may be feeling isolated and lonely.

**THE PROJECT**
- Find cardstock, notecard, or quarter sheet of colored paper.
- Write a note of encouragement, positive quotes, cheerful saying - Have a great day!, Enjoy your meal, Thinking of you, etc. Repeat as many times as you would like.
- Sign card with your first name.

**REFLECTION**
- How do you feel when you get a personal card or note?
- How did making this card impact your life? How will it impact the individual who receives it?

**TAKE ACTION**
Create fun, bright cards for those in our community who may be feeling isolated and lonely.

Visit [www.unitedwayhelps.org](http://www.unitedwayhelps.org) to view a searchable database listing current volunteer opportunities in your community.

Drop off at United Way of Central Minnesota, 921 1st Street North, St. Cloud 56303
Contact Mary Krippner, Director of Volunteer Engagement at 320-223-7991