



## Kindness 4 Good

Sundays: February 10, 17 & 24

9:00 to 10:00 am

Shea Community Room at Unity of Greater Hartford,  
919 Ellington Road, South Windsor, CT

Join us in a discussion about the **Power of Kindness** and how kindness impacts us and our interactions with others. We will discuss the science behind kindness and the documented emotional and physical benefits.

Come and explore our consciousness of kindness and the opportunities to demonstrate acts of kindness. We will also look at the benefits of random acts of kindness.

This is an interactive class with discussion, readings and assignments to expand our scope of being examples of kindness in our communities.

What the world needs now is love and unlimited demonstrations of kindness.

*Please sign-up for this Love Offering class that will be led by Lee Dittman and Catherine Ewing.*

*"Kindness is more than deeds. It is an attitude, an expression a look, a touch. It is anything that lifts another person." - Plato*

