

# HEALTHY @ HOME



## WRITE A LETTER (OR CARD!)

Do you remember how giddy you were to receive a letter or card in the mail as a child? Maybe you still feel that way as a grown up when you receive a letter that is not a bill. April is National Card & Letter Writing Month. What better way to bring joy to someone than to send them happiness in an envelope - and there couldn't be a better time to send some good old-fashioned "snail mail" than now!

### IDEAS FOR WHAT TO SEND:

- An encouraging word or Bible verse
- Something positive you have seen or experienced in the last few weeks
- A funny joke
- A simple "Hello" or "Thinking of You"
- A hand drawn picture or homemade greeting card

Social distancing doesn't have to mean social isolation - get started writing letters today! Let's help fill up our loved ones' mailboxes with joy!

