



ACT OF RANDOM KINDNESS



Congratulations

You have just been the recipient of an Act of Random Kindness.
Pass it on by doing something nice for someone else!

This initiative is supported by HeadsUp, Rehab's mental health
promotion project. It's all about spreading the "feelgood" factor!

To find out more about Acts of Random Kindness or about HeadsUp,
log onto www.headsup.ie

