



# Random Acts of Kindness

Pass it on

## Congratulations

You have just been the recipient of a Random Act of 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 Random Acts of Kindness or about HeadsUp, log onto [www.headsup.ie](http://www.headsup.ie)