

#LIVE *kind* LNK

KINDNESS WEEK 2020

April 25 - May 2

Help Lincoln begin our journey toward being a kinder city during this week. Get kindness tips and more information at your neighborhood YMCA or numerous businesses around Lincoln.

Why Kindness?

It's teachable. People can build compassion one act of kindness at a time.

It's good for your health. Being kind can lower blood pressure and reduce stress.

It's contagious. Witnessing an act of kindness makes others more likely to follow suit because of the positive effects it has on the brain.

Why LiveKindLNK?

To celebrate the good things and good people in our community and to build a spirit of kindness and connectedness throughout Lincoln.

Post your acts of kindness on social media with #LiveKindLNK and follow the YMCA of Lincoln and Community Health Endowment of Lincoln to see kind acts around Lincoln!

livekindlnk.org

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