

Make Kindness the Norm



Take good care of yourself and others on and off campus with this four week challenge.

Each week participants will choose to complete an act of kindness in one of our kindness categories:

Be Kind to your Community/ Campus

Be Kind to Yourself

Be Kind Online

Civic Acts of Kindness

Take the Extra Time to be Extra Kind

Challenge runs September 7- October 4, 2020

Open to all CWRU Faculty & Staff and all CWRU, CIA, CIM and KSU Podiatry undergraduate, graduate and professional students.

To Register: <https://conta.cc/31BZOy7>

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THINK WELL. LIVE WELL. BE WELL

