IN THE TIME OF HARDSHIP

A LITTLE THANKS GOES A LONG WAY

gratitude is the most beautiful way to express all that’s in your hearts with two words Thank you. Giving Thanks can be catching. Let’s spread some good cheer by writing letters of appreciation to friends and loved ones.

A simple, written expression of gratitude can improve well-being for both the writer and the recipient.

KIMOCHI SAN MATEO
453 N. San Mateo Drive, San Mateo, CA 94401
(415) 725-1920 | tshinohara@kimochi-inc.org | www.kimochi-inc.org