

## **Pawsitive Minds Fair: Letters of gratitude and therapy dogs**

Spending time with animals and writing letters of gratitude can decrease feelings of stress and boost your well-being!



Join us for a mental well-being support fair!

- Therapy Fluffies
- Gratitude Letter Writing
- Resource Fair

Wednesday December 6  
11am-1pm

 Betty Irene Moore Commons

<https://tinyurl.com/GratitudeUCD>