Foldable Letter Template

Send notes to your team of supporters or members of your community to make them smile. Offer encouragement, share your gratitude, or tell your best jokes. You’ll get those warm-fuzzy feelings, and your recipients will too! Did you know that strong support systems and connecting with your community are both beneficial to your mental and physical health? Spread kindness starting with a card!

Sending a little HAP-PEA-NESS...

Your wellness matters!
Follow healthcorps on social media for more activities and resources.
Here’s what you’ll do:

- Choose who you will write a note to. Aim for at least three people!
- Print card double-sided and cut along the border. Print extra copies at www.healthcorps.org so the people you are sending notes to can send some too!
- Get writing! Pack your message with appreciation, memories, and words of encouragement.
- Fold the flaps inward along the solid line to create an envelope.
- Add who it’s “to” & “from”.
- Deliver the card! Hand-deliver or mail (requires stamp).
- Keep the chain going! Write to more people, and get them writing too.
- Share on social media & tag @healthcorps!
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You’re RAD-ish!

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May your life be full of zest.

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Sending a message to
brighten your day.

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