

# YOU'RE INVITED!

## Become a Giving Heart

### 10 Ways Anyone Can Get Involved in Giving Hearts Day



Give \$10 or more to a charity you love.



Volunteer for a charity.



Ask your business or school to participate.



Sponsor a classroom yourself by purchasing gift cards.



Pick up a snowbank sign (or 10!) at Dakota Medical Foundation.



Turn your home or office red.



Like the Giving Hearts Day Facebook page.



Sign up for reminders by texting **GHD20** to **33777**.



Check out [GivingHeartsDay.org](http://GivingHeartsDay.org) for joyful activity ideas.



Tag the Giving Hearts Day page on Facebook with your Giving Hearts Day story, and be entered to win \$500 for your favorite charity.



**Giving Hearts Day**  
[GivingHeartsDay.org](http://GivingHeartsDay.org)

Giving Hearts Day takes place the second Thursday of February.

# 5 Reasons Giving Is Good for You

Here are some great conversation starters to talk about the joy of giving with your friends and family:



1. Giving improves your health.



2. Giving elevates your mood.



3. Giving is contagious.



4. Giving helps you live longer.



5. Giving promotes self-worth.

**For more ideas on how to become a Giving Heart or for more info, visit [GivingHeartsDay.org](http://GivingHeartsDay.org) or email [GHDInfo@dakmed.org](mailto:GHDInfo@dakmed.org).**