

2020 VIRTUAL WEEK OF CARING

- **Because acts of caring are needed Now More Than Ever** -
September 14th - 20th

Visit www.uwjnwc.com/week-of-caring/ for full details



1 MONDAY: JOIN OUR MISSION

Simply commit to participating. Sign up to receive our newsletter on website, follow our Facebook page, and share your participation!



2 TUESDAY: PRAISE A COMMUNITY WORKER

Send a thank you, write a positive post, drop off a gift - anything to thank a community member who has helped keep our communities healthy, safe & strong!



3 WEDNESDAY: THANK A BUSINESS

Send a thank you, make a purchase, write a positive review - anything to thank a local business for their hard work and support of our communities!



4 THURSDAY: COMMIT TO VOLUNTEERING

Register on our volunteer site, contact a local group to help them, establish a monthly volunteer goal - anything to become an active community volunteer!



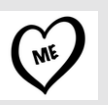
5 FRIDAY: BECOME AN ADVOCATE

Send an email to a local representative to share your opinion on an issue or take time to learn more about local causes. Let's build a community of advocates!



6 SATURDAY: LEND YOUR SUPPORT

Make masks, mow your neighbor's lawn, deliver food to someone who lives alone, or donate blood. Simply choose a task that lends support and creates joy!



7 SUNDAY: PRACTICE SELF-CARE

Go for a quiet walk, start a new hobby, dance, take a nap, read a book... end your week by prioritizing taking care of YOURSELF!

Please share your caring task by posting on Facebook and using the following hashtags: #uwjnwc #virtualweekofcaring #2020campaign

THANK YOU for caring for your communities!