



HELP US CELEBRATE

30 YEARS OF CHIROPRACTIC

WITH

30 ACTS OF KINDNESS

#DECKERACTSOFKINDNESS



Dr. Decker graduated from Palmer College of Chiropractic on October 19th, 1990 so help us celebrate all October with random acts of kindness.

On the back you will find some suggested acts of kindness but the sky is the limit! Brighten someone's day by showing them how much you care. This can be for friends, family or strangers.

IDEAS

- Buy coffee for the person in line behind you.
- Make a meal for a friend who is stressed.
- Donate to a local charity.
- Buy a hot meal for a homeless person.
- Bring a snack or dessert to share at the office.
- Leave a handwritten thank-you note for the office cleaning staff.
- Leave a random uplifting note on someone's windshield.
- Leave a large tip for no reason.
- Donate blood.
- Drop off dessert at your local law enforcement station or fire station.
- Pick up trash on your street.
- Anonymously pay for someone's meal when dining out.
- Write a thank you letter to a soldier or veteran.
- Let someone cut in line in front of you at the grocery store.
- Help a friend with yard work.
- Send a friend a gift card.
- Post a string of motivational quotes on social media.
- Buy someone a flower and leave it on their desk or doorstep.
- Bring pet treats or toys to a local animal shelter.
- Pass along an awesome book that you have just completed and write a quick note to the person about how you hope they get the most out of it.
- Leave extra money in the vending machine so someone can get a free snack.
- Leave quarters in the quarter slot, enough for a load of laundry at the laundry mat.
- Donate your old computer to a student that needs it.
- Give a bottle of water to a homeless person.
- Bake cookies or muffins and bring them to your preferred bank.
- Send school supplies to your local elementary school.
- Donate canned goods to a food pantry.
- Coordinate a blanket donation on social media and bring them all to the homeless shelter.
- Leave a treat to thank your postal worker.
- Babysit a friend's kid for free.



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CELEBRATING CHIROPRACTIC WITH

RANDOM ACTS OF KINDNESS

#DECKERACTSOFKINDNESS



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SHARE THIS CARD AND ENCOURAGE THE NEXT PERSON TO PASS IT ON!

If possible share a selfie or picture of your random act of kindness with us on Facebook or Instagram. We want to see how your acts of kindness are impacting the community!

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