

*Greetings from
a cozy afternoon in!*

Take a day to relax.

The Danish concept of HYGGE has taught us that enjoying the feeling of coziness, and embracing life's little pleasures, can improve overall happiness. So create a cozy space and be comfortable slowing down and being present. A day spent relaxing is a day well- spent!



TO:

You!
Brown University
Providence, RI 02912

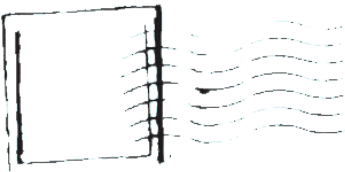
GREETINGS FROM

your home!

Take a day to tackle your to-do list!



Tackling the tasks on that home to- do list can relieve stress, create order and make day-to-day activities more efficient. So whether it's a cluttered closet, packed pantry or home repair project; take a day to take-it-on!



TO:

You!

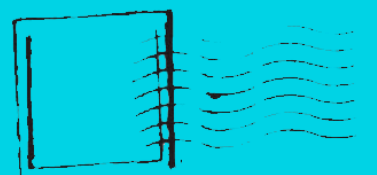
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Greetings from game time!



Take a day to play: Pull out your games and puzzles and have fun!



Did you know that playing board games can reduce stress, lower blood pressure and support memory and cognition? And they are a fun way to spend a winter day with loved ones! Or, shore up your memory and concentration skills with a jigsaw puzzle!

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