

# Friday Oct. 2nd - World Smile Day

A day to smile and spread kindness. Even though you are wearing a mask - your eyes show you are smiling.

## **Benefits of smiling:**

- Improves mood
- Lowers blood pressure
- Relieves stress
- Betters relationships
- Boosts the immune system
- Relieves pain
- Increases life expectancy



**So smile -  
the more often, the better!**