

The Guelph Community Foundation proudly presents,

# Random Act Of KXndness Day®

Friday, November 7, 2014 #RAKGUELPH

## What Is This?

- RAK is an opportunity to do something kind for someone else
- It's NOT about giving money; use your imagination and follow your heart
- Need some ideas? Check out our list of 101 ideas at [www.guelphcf.ca](http://www.guelphcf.ca)

## Fun Facts:

- Originally started by the Kitchener- Waterloo Community Foundation
- Kindness increases group cohesion and employee engagement.
- RAK Day is a great team-building opportunity!

## Who Gets to Do This?

- There is no limit to who can, and how to, participate!
- In 2013 over **200** organizations committed to 'Pay it Forward'.
- Haven't participated before? Start this year on November 7<sup>th</sup>!



## Need more information?

To find out more, or to learn more about how you can get involved, please visit our website or contact:

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The Guelph Community Foundation is a charitable public foundation whose purpose is to provide leadership in promoting community philanthropy and enhance the quality of life for the citizens of Guelph and surrounding communities. Income from the endowments supports a wide range of charitable programs and activities. For more about the Foundation please call (519) 821-9216 or visit us on <http://www.guelphcf.ca/>