



On March 30th

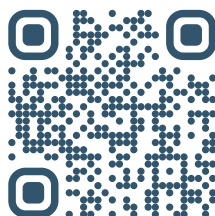
Say **Hello** and ask: **How are you?**

H	e	l	l	o
HELLO	ENGAGE	LISTEN	LEARN	OPTIONS
Say Hello and ask How are you?	Engage with the person	Actively listen to the person	Learn about the person & how they are feeling	Give time to talk through options



A small conversation can make a big difference in someone's life.

Find out how to get involved:



www.HelloHowAreYou.info
#HelloHowAreYou