

### **This Fall Focus on Gratitude**

Fall is a season of change, from the colours of the trees to the weather, but Fall also brings a very special holiday, Thanksgiving. It's a time to show gratitude while spending time with loved ones and enjoying a delicious dinner. Did you know that there are health benefits to being thankful and showing gratitude in your daily routine? According to scientists, counting your blessing year-round is good for your mental health and well-being.

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