

JOIN HEALTHY CAMPUS FOR AN HOUR OF KINDNESS

# Live Kind Panel

Wednesday, October 7, 2020  
12 p.m. - 1 p.m.



Sonja Lyubomirsky, Ph.D.



Kalina J. Michalska, Ph.D.



Megan L. Robbins, Ph.D.



Kate Sweeny, Ph.D.

**Research shows that kindness increases happiness and energy while decreasing stress!**

**UCR Healthy Campus is launching the LiveKind campaign with a Kindness panel. The inaugural panel will feature UCR Psychology Faculty who research the effects and impacts of kindness on emotional and physical well-being. They will share insights into kindness and ways to encourage the UCR campus community to be kind to one another and create a sense of community and belonging.**

To register, go to <https://ucr.zoom.us/webinar/register/>

For more information, contact [healthycampus@ucr.edu](mailto:healthycampus@ucr.edu)

