

An Invitation by Dr Charlene Majersky

Atlanta, Georgia

**I invite you to take time to slow down,
to appreciate each moment of every day.**

**To take a walk,
to breathe deeply,
to call someone and ask how their day is going,
to reach out to someone,
to give,
to share,
and to act with kindness
or even politeness to another human being.**

**The world is filled with so much stress,
such pain and suffering surrounds us.**

**Open your heart.
Look at yourself, honestly and without being defensive.
How are your words and actions impacting others?**

**Let's work together to make this world a better place than
what we walked into.**

It starts with each of us.

I invite you to make a positive difference in the world.