

Kindness Is Good for Your Health!



Wednesday, February 4, 2026

1:00– 1:30 p.m.

**Attend this FREE webinar from
your computer, tablet, or
smartphone!**

Stress and rapid change are part of modern life—but so is an overlooked wellness tool: kindness. Far from being "soft," kindness measurably improves wellbeing and resilience. Discover how small moments of compassion and connection strengthen your brain, reduce stress responses, and enhance your relationships.

No need to register in advance.

**Classes are open to everyone at no charge. Access classes at [this link](#)
or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>**

This webinar is free and open to all.

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