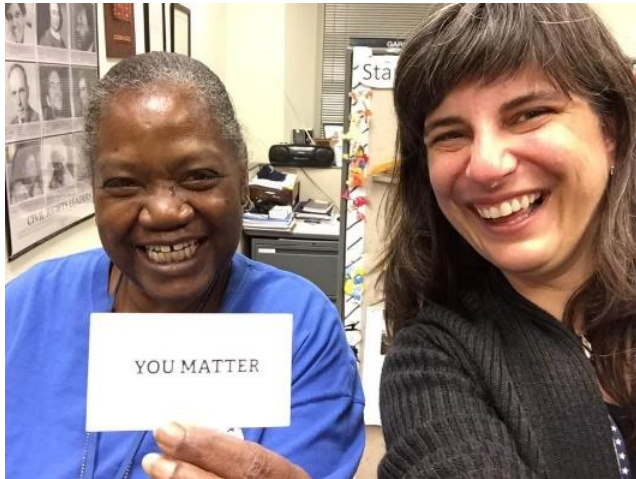




**No Running Required!**



**“The You Matter Marathon reminded me the world could be kind. The impact this has is otherworldly.”  
– Brooke (past participant)**

### **The You Matter Marathon**

No running required!

The You Matter Marathon is creating and enriching positive connections between people and within communities by inviting people to share You Matter cards in November.

Over 100,000 people from all 50 states and 75 countries have shared more than one million cards. This year we're determined to reach 2 million!

The results are astounding. 61% of participants report that they achieve a greater sense of gratitude and enhanced connection with others. 51% report enhanced compassion for others; and 50% achieve enhanced levels of personal happiness. The lesson? One small gesture and two small words can help forge connections and spread kindness, compassion, and happiness.

Get your 30 free You Matter cards today.



### **How You Can Participate**

1. Sign-up! Go to [youmattermarathon.com/](http://youmattermarathon.com/).
2. You can participate as an individual or as an ambassador for a group like a school or business.
3. Individuals who sign up will receive 30 free You Matter cards (while supplies last).