



"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it is the only thing that ever has."

MARGARET MEAD

Happy Holidays

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www.facesva.org/pdf/articles/happy_holidays_dec2007.pdf

Scientific research and brain imaging have proven that even a simple smile releases dopamine in the brain which relieves stress. So as you go about your holiday chores, with the stress of shopping, cooking, family gatherings and unexpected events, remember to do what you need to do to take care of yourself.

SMILE — LAUGH — REMEMBER THE FUN TIMES... GIVE THE GIFT OF A SMILE!