

GORGE HAPPINESS MONTH

A wide and growing body of research has shown that happier people are healthier, have lower stress levels and live longer lives. And while genetics and environment are responsible for 60% of our happiness level, 40% is in our direct control.

So the goal of Gorge Happiness Month is to inspire as many people as possible to take up the 3 daily habits scientifically shown to make us happier & healthier: **gratitudes, acts of kindness & moments of silence.**

Everything in the program is designed to make this easy to do and hard to avoid.



A calendar with a fun & relevant task each day. (download for free from website)



Free workshops & events (listed on website)



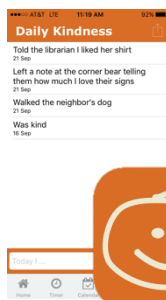
Weekly newsletters during October plus regular Facebook, YouTube & Instagram posts (Newsletters sent to over 1000 people; 21,000 Facebook impressions in 2018)



Website for all things happiness



A free iPhone app for event alerts and to track habits



Gorge Media Coverage



www.GorgeHappiness.org

SPONSORSHIP

95% of people are happier at the end of Happiness Month. This is why we are excited to hold it for the 4th year. Sponsors help us spread the word and reach more people. In this case, you can literally buy happiness.

\$10 Donation

- ☐ To help us print 1000 calendars or 1000 small cards to give away and help raise awareness

\$20 Donation

- ☐ For your own Happiness Habits Wall Poster to hang in a staff room or lobby

\$40 Donation

- ☐ To help us print and distribute posters to one of the 13 towns in the Gorge

\$100 Donation *

- ☐ To print a Happiness Month Banner to hang inside your business or to have us hang throughout the Gorge
- ☐ To bring the Happiness Month Booth to a Gorge farmers market or event
- ☐ To help us spread the word to local councils and organizations

\$200 Donation *

- ☐ To help us print and hang one of the large public banners

INCLUDED WITH ALL DONATIONS

Healthier & More Connected
Gorge | Warm & Fuzzy
Feelings | Logo on Website |
Promotion in Social Media

Spread the Word

- ☐ Post on Social Media
- ☐ Mention in newsletter
- ☐ Participate with customers and/or staff
- ☐ Post sign in store/office
- ☐ Random free give-aways

Donate 1 Hour

- ☐ To talk to a local organization about Happiness Month

Donate 2 Hours

- ☐ To help hang posters in a Gorge town

Donate 4 Hours *

- ☐ To help run a booth at a farmers market or event

Run A Workshop or Event

- ☐ Add a happiness related event to our calendar

To donate, check boxes above and send to Open Intelligence Agency, 835 Carroll Rd, Mosier OR 97040 by September 13th

Donation total*: _____

Name of Company/Org: _____

Contact name: _____

Phone: _____

Email: _____

**For donations of \$100 or 4 hours, include logo to add to poster*



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