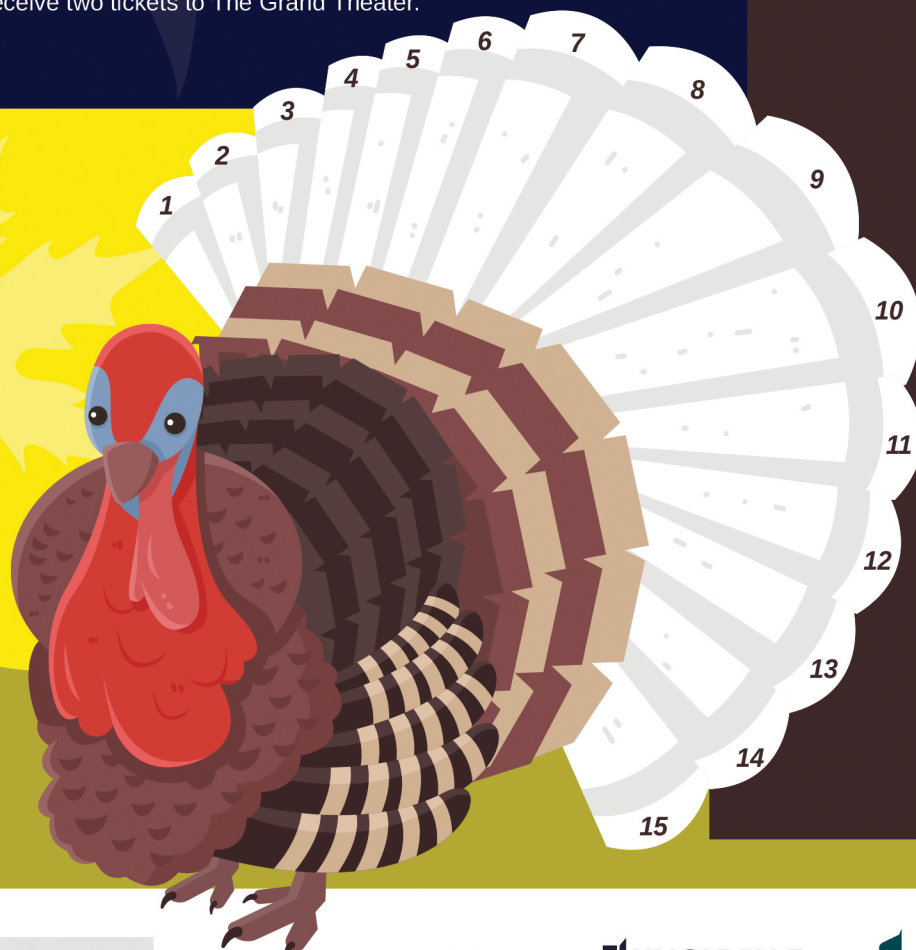


A month of Gratitude

Throughout the month of November, give thanks for family, friends, neighbors, and our community. Choose 15 different activities to complete this month. After you have completed 15 activities and colored in all of feathers on the turkey, take a selfie of you with your challenge. Tag #HealthyKnoxville and Knoxville Hospital & Clinics in a Facebook post AND email your selfie to info@knoxvillehospital.org. Three winners will be drawn on December 7 and each will receive two tickets to The Grand Theater.



Make a Donation

- Donate to the Panther Pantry (each item counts as a feather on the turkey)
 - Nonperishable can of vegetables
 - Nonperishable box of food (potatoes, brownies, etc.)
 - Nonperishable can of soup
 - Nonperishable can of pasta sauce
 - Box of pasta
 - Box of cereal or other nonperishable breakfast items
 - Paper goods (paper towels, paper plates, etc.)
 - Personal toiletries (toilet paper, Kleenex, tampons, etc.)
 - Personal care items (shampoo, bar soap, deodorant, toothbrush, etc.)
- Donate items you no longer use to a local thrift store
- In honor of Veterans Day this month, donate personal toiletries/care items to the Knoxville Residential Home
- Donate new or gently used books to your local library
- Make a monetary donation or donate food to your local food bank
- Make a donation to your favorite charity

Give Thanks

- Attend a Knoxville Area Community Theatre production of "Shrek: The Musical" on November 4-7
- Do a random act of kindness 3 times this month
- Attend Living Windows on Thursday, November 18, from 5-8 p.m. on the Knoxville square
- Tell someone you are thankful for them and why
- Attend a sporting or school event
- Take a drive through the Merry N County Christmas lighted holiday display beginning November 19
- Support our local restaurants by eating in or dining out at 3 different restaurants this month
- Write a thank you note to someone who deserves recognition
- Buy lunch or coffee for the person behind you in line
- Volunteer to help with the Merry N County Christmas lighted holiday display
- Write about something you are grateful for 3 times this month
- Help your neighbor rake leaves
- Create a gratitude jar and put in 15 things you are grateful for
- Exercise for 30 minutes 5 times this month
- Attend a movie at The Grand Theater this month

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