


<p style="text-align: center;">*</p> <p style="text-align: center;">Greet 5 persons you love</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Take up garbage on the street to throw it</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Write a letter to a friend of yours</p> 
<p style="text-align: center;">*</p> <p style="text-align: center;">Reserve 30 minutes to do something you enjoy</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Give things you don't use to some association</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Enumerate 8 qualities you possess</p> 
<p style="text-align: center;">*</p> <p style="text-align: center;">Prepare dinner or help others in preparation</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Smile to 5 persons you don't know</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Give a flower to anyone you like without him/her knowing it</p> 
<p style="text-align: center;">*</p> <p style="text-align: center;">Talk to someone who seems isolated</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Help to an elderly person who needs it</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Express your gratefulness every time you feel it</p> 
<p style="text-align: center;">*</p> <p style="text-align: center;">Make a list of the things you like about your body</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Spend a day without your screen</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Ask someone who seems sad what has happened</p> 

<p style="text-align: center;">*</p> <p style="text-align: center;">Defend someone who is molested by others</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Offer any service to someone</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Embrace people you love</p> 
<p style="text-align: center;">*</p> <p style="text-align: center;">Say sorry to someone you have offended</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Encourage someone who has any difficulty</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Call someone you haven't seen in a long time</p> 
<p style="text-align: center;">*</p> <p style="text-align: center;">Make house chores of other person</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Prepare a cake for a snack</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Offer something to someone in need</p> 
<p style="text-align: center;">*</p> <p style="text-align: center;">Share a nice memory with someone from your surroundings</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Give a proof of your friendship to 3 persons you've just met</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Offer to someone a message</p> 
<p style="text-align: center;">*</p> <p style="text-align: center;">Write an anonymous note and allow person to find it</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Ordain anything that is messy</p> 	<p style="text-align: center;">*</p> <p style="text-align: center;">Invent a song or a play for your family</p> 

**CAPSULES OF FRATERNITY
RECYCLABLE
#GENTLENESS #SOLIDARITY #PALAUTIANS**



**+++
EVERYDAY DOSE**

30 PG.

PROSPECT

Capsules of fraternity, based on gentleness and solidarity, is an ecological remedy that favors human and spiritual growth.

To share them strengthens immune system and generate familiar and social welfare.

Highly recommended for palautian family and the hole Body.
Recommended to take at least one capsule every day.

NATURAL INGREDIENTS

Usage allowed in any kind of situation.

Advisable to elaborate at home and defuse in surroundings.