

HEART Bunch: Benefits of Kindness- World Kindness Day & Beyond

11/01/2025

HEART Bunch Video: Benefits of Kindness- World Kindness Day & Beyond

By Ashley Yaughner, Ph.D., Gabriela Murza, MS, MCHES, Tim Keady, MS, CHES, Aaron Hunt, MPH, Ph.D., and Hannah Crowley, Health & Wellness Intern

YouTube video player<https://www.youtube.com/embed/TnKwT8O7gPQ?si=BbhLiNH8RDEcUyRw5603150allowfullscreen>