



Your Chance to Find a Ben's Bell

500 Bells to be distributed in our communities.

FOR IMMEDIATE RELEASE

TUCSON, ARIZONA – (October 18, 2021)

Ben's Bells Project is bringing the community together through kindness. On Saturday, October 23rd Ben's Bells will be distributing 500 Bells in Tucson, Phoenix, Connecticut, and surrounding areas.

"It's been over two years since we have been able to do a mass Bell distribution. During the pandemic we had Bells going out in small numbers, but nothing like this. We are excited to be back in the community before the holidays. The Bell is such an important reminder for people to practice intentional kindness," says Ben's Bells Executive Director, Helen Gomez.

The Bells are a beautiful symbol of kindness and its healing power is meant to touch others' lives and make our community a more gentle place to live. We believe Bells often find people at the moment they need them most and each Bell's journey has a unique story, such as this one:

"What a rough day at work... I stepped outside to call my wife and cry. The stress was unbearable. Along my walk I was pruning small leaves off the newly planted trees to help them grow tall and crying on the phone as we discussed my pain. Hanging on the tree was a beautiful Bell. I was in awe as my wife told me the story. More tears, now hopeful, I removed it and brought it home to hang with all my chimes in my backyard that brings me joy everyday. Now I have hope."

Bells have been hung all over the world since 2003, encouraging the finder to practice intentional kindness. Bells are randomly hung and can be found in public areas like parks, parking lots, hiking trails, and more. The recipient may choose to keep the Bell, give it to someone in need, or rehang the Bell. The signature, large floral Bell is not available for purchase and can only be found or awarded by someone nominating them through an act of kindness.

To learn more about Ben's Bells and how to make an impact with intentional kindness visit [BensBells.org](https://www.BensBells.org)

Media Kit:

<https://www.dropbox.com/sh/eay99hmaj3wq4vg/AAA72Zl3NnlqsM8izAnmdKGHa?dl=0>

For additional information contact:

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About Ben's Bells:

Ben's Bells Project teaches individuals and communities about the positive impacts of intentional kindness and inspires people to practice kindness as a way of life. Ben's Bells' programs are based on the belief that everyone has the capacity to be kind and that kindness can be cultivated through education,

visual reminders, and ongoing practice. By recognizing, valuing, and practicing intentional kindness, we can change the world. To learn more about Ben's Bells' kindness work visit BensBells.org

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