

Science of Kindness

“You can cause positive change and boost the health of the people around you, whether you work in healthcare or not. It comes down to kindness. How we treat one another in every aspect of our day-to-day lives matters. Individual and collective health isn’t just happening at appointments in hospitals and clinics but also in our everyday experiences.”

–Kelli Harding M.D., MPH, 2019



ben's bells