

Give a heart happy card to someone in your life that you care about:

- 01 Fill in the blank on the card below, then cut the card out.
- 02 Take a selfie with the person who makes you heart happy and the card.
- 03 If you and the person you are honoring both want to share your selfie with Stanford Health Care, upload to your preferred social network with the hashtag **#HeartHappySHC**

- 04 Give your heart happy person the card, so they too, can pass the heart happiness on.
- 05 Check out your selfie online at **shc.is/HeartHappy** starting in February.



To download more heart happy cards, visit **shc.is/HeartHappy**

You make me
heart happy because

#HeartHappySHC



DISCLAIMER

By sharing your photo on social networks using the hashtag **#HeartHappySHC**, you are hereby giving express permission to Stanford Health Care to use your associated copy and images on its website and public social networks.