

## April is for... hugging!

Dear (name)

What is April all about? We knew April had to offer something more cheerful than paying Income Taxes, so went on a search and were rewarded.

It turns out that April offers all sorts of special days, including April 26, which is "Hug a Friend Day." Reading on, we learned that hugging is one of the best habits you can develop to enhance your own health and welfare.

A study at the University of North Carolina found that when you are involved in a hug lasting for at least 20 seconds your body releases a hormone called oxytocin, and the health benefits are significant.

A good hug can:

- Lower your blood pressure
- Lower your heart rate
- Reduce your level of stress hormones
- Improve your mood

You get positive, non-toxic, absolutely free hormone therapy with a simple 20 second hug. And you give the same therapy as a gift to the person you hugged.

So don't wait – hug someone today!

Signature and contact info

P.S. Whether it's Tax Day, Hug a Friend day, or any other day ... it's real estate day for me. So any time you need to buy, sell, or get the latest news on our local real estate market, give me a call at XXX-XXX-XXXX.