

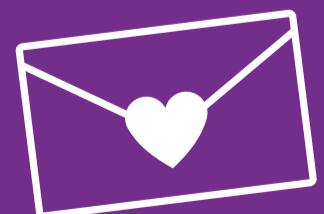
# DON'T BE A GRINCH

SPREAD SOME JOY  
& SEND CARDS  
THIS CHRISTMAS!

The giving and receiving of Christmas cards has been proven to deepen relationships, keep people connected and help promote our mental health and wellbeing at a time of year that can mean a lot to so many people.

Go on... make your **#cardmitment** to make someone's Christmas

Visit [www.gca.cards/cardmitment](http://www.gca.cards/cardmitment) to find out more



**#cardmitment**  
*send a card, deliver a smile*