

Thank you for downloading a CanAge greeting card and committing to the **#LessLonely** challenge. Once you're done making the card, send it someone who could use a smile. :)



**How to make the card:**

1. Download this file and open it in Adobe Acrobat Reader.
2. Print the file on a standard letter-size (8.5 x 11 in) sheet of paper.
3. Cut along the black outline below, then fold the card in half.
4. Turn the card over and write, draw and/or decorate the inside of the card.
5. Find an envelope that fits the card and send it to someone who you care about.
6. Share your card on social media using the hashtag **#LessLonely** - we'd love to see your work!



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Just writing  
to say hello!

