

*"We need 4 hugs a day for survival, 8 hugs a day for maintenance, and 12 hugs a day for growth" ~ Virginia Satir*

**Positive Focus: GLOBAL FREE HUG DAY:**

**October 19 11:00 – 1:00 pm**

**When:** October 19, 11:00 am – 1:00 pm your local time

**Where:** you decide location

**Why:** to spread love around the world one hug at a time

**How:** loving spirit, smiling face, open arms, and a sign saying free hugs

**Positive Focus** has been having so much fun giving free hugs around Chicago in 2008, that we've decided to raise the bar and hug globally. Can you imagine the lift in energy all over the world as others join in?

**Sign up:** Tell us your name, location, others hugging with you so we can create a map to show all the global huggers.

**What do you need?** You need a loving spirit, open arms, a smile that is inviting, and a sign that says Free Hugs.

**When should you hug?** Due to varying time zones, start your hugging event wherever you are located, between 11 am and 1 pm your time. Feel free to adjust your time to match our 11 am CST, but only if you want to.

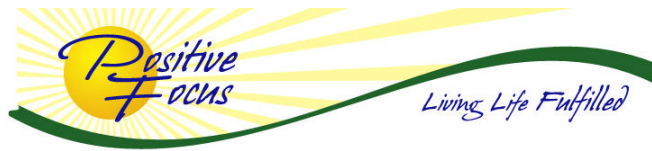
**How to organize a local group of huggers?** First of all, **you don't need to organize**, go solo, go with a friend, a group of friends, church group, social group, family - it's easy: a willing person and a free hug sign is all that is needed.

**Take Pictures:** We will be creating a blended Global Free Hug video shortly after the event, so take pictures and send them to Carol Miller within 24/48 hours after the event to be included in the video.

**It is our intention to have people hugging on each continent, so be part of spreading joy, love, and simply connection to the world citizens.**

To stay at arms reach of what's going on with Global Free Hugs; tell me to include you in future update emails on where hugs will be taking place.

**Positive Focus**, grounded in love, with headquarters in Chicago, is a global non-profit organization holding the intention of living life fulfilled through personal demonstration, inspiration, support, inspired action, and lots of fun and laughter in both virtual and physical connections. Look for a Positive Focus facility coming to a city near you.



**Sign up/Send questions/comments by emailing Carol Miller: [carol@positive-focus.com](mailto:carol@positive-focus.com)**

**Links of interest:**

Original Free Hug: [http://www.youtube.com/watch?v=vr3x\\_RRjdd4](http://www.youtube.com/watch?v=vr3x_RRjdd4)

Positive Focus: [www.positive-focus.com](http://www.positive-focus.com)

**Positive Focus past hug events:**

Rossi collage of several hugs: <http://www.youtube.com/watch?v=-LlkQ2ULJt8>

August 30: <http://www.youtube.com/watch?v=TO1pBIwqHHY>

August 13: <http://www.youtube.com/watch?v=AyteFIp0n2Y>

July: <http://www.youtube.com/watch?v=wEPsSiW1kjU>

June: <http://www.youtube.com/watch?v=y9HnbPm1VNE>

May: <http://www.youtube.com/watch?v=mNFJoi36Y3E>

April: <http://www.youtube.com/watch?v=RDE63pXpclE>

March: <http://www.youtube.com/watch?v=YfM5uQKuShI>

<http://www.youtube.com/watch?v=i7sn37WkNhE>

February: no video

January: <http://www.youtube.com/watch?v=XZQBoLbBtmc>

**Make sure to check your local laws before embarking on your Hugathon!**

**\*\*\*Mostly – enJOY yourself – I promise it will be a rewarding experience\*\*\***

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