



# Uplift with Letters

In an effort to engage community members, the Weber-Morgan Health Department is sponsoring an uplifting letter writing campaign to send to those who are experiencing added stress and loneliness during this time.

## How it Works

1. Choose who you want to write to:
  - Healthcare Workers
  - Law Enforcement / EMS
  - Elderly
  - or write multiple letters to all!
2. Grab a card, postcard or piece of paper - write your letter or letters, there's no limit to how many you can do!
3. Get creative - write a letter, draw a picture, make a poster, share a poem or even make an uplifting video!
4. Take a video or picture of your letter encouraging others to join and share on social media using #UpliftwithLetters
5. Drop off or mail in your letters!

## Letter Writing Tips

- Start with a salutation such as "Dear Healthcare Provider", "Dear Officer", or "Dear Friend", "Dear First Responder"
- Share a personal thank you or gratitude for their work.
- Keep messages positive - share positive or hopeful messages, well wishes and thoughts.
- You may choose to share a little about yourself - your interests, hobbies, work, or why you chose to write a letter.
- Remember to follow all Covid-19 health and safety guidelines while uplifting others!

## Mail or Drop Off Your Letters

Uplifting letters can be mailed to:  
Weber-Morgan Health Department  
Attn: Lacey McFarland  
477 23rd Street  
Ogden UT 84401

**OR**

Drop off your uplifting letters, posters, videos, etc. to the 3rd floor Health Promotion Office at the Weber-Morgan Health Department during regular business hours (8-5; Monday - Friday). Masks required to enter building.