

take **4** windows of time this season

Give the gift of time (to yourself and others) this holiday season

Reclaim time from long work hours, over-scheduled activities and a rushed pace of life



Tell us how you took back your time

After you take your Four Windows of Time, we'd love to hear about it. What did you & your family do? What did you learn from the experience?

We will compile your stories and publicize these results to the media & our nation's leaders to show how deeply Americans support the need for more time in our lives.

For more information and materials you can download and print out, see www.timeday.org, keyword *Four Windows of Time*.



Sponsored by Take Back Your Time, a nationwide non-profit, nonpartisan initiative that challenges our national epidemic of overwork, overscheduling, and a hurried pace of life (Time Poverty).