

## **Choose Love “On The Move” Across New Hampshire** *A Wellness Tour Bringing Hope with Action*

Newtown, CT (October 13, 2021) – The [Jesse Lewis Choose Love Movement](#), a non-profit providing Character Social Emotional Development (CSED), announced today the first-ever Choose Love “On the Move” wellness tour in partnership with New Hampshire [Governor Christopher Sununu](#) to bring hope, healing, and inspiration to communities across the state between October 23rd and November 16th.

Scarlett Lewis, Founder and Chief Movement Officer of the Movement, will lead the Choose Love “On the Move” Tour making stops throughout the state, including Keene, Plymouth, Littleton, Concord, Manchester, Nashua, and more. Visit the [event website](#) for updates on dates and locations.

Each stop of the tour will include Choose Love lessons and strategies for both children and adults, fun activities, food and beverages, performances by the Plymouth State University [TIGER](#) theater program, vendors, plus a presentation by Lewis to inspire and encourage the community to Choose Love and be part of the solution in making the world a peaceful more loving place.

The tour comes in response to the rise in stress, anxiety, isolation, and fatigue in children and adults due to COVID. It aims to support the mental health needs of educators, students, families and community-at-large through the principles of the Choose Love Formula™ and Post-Traumatic Growth strategies that promote healing and growth during difficult times.

“Action is the opposite of anxiety. So we want to help bring hope by giving each person something they can do to make themselves feel better. We want to help everyone in the community recover, rejuvenate their spirits, reconnect with one another, and most importantly realize that we all have the choice to thoughtfully respond to things beyond our control,” said Lewis.

The Jesse Lewis Choose Love Movement is a global nonprofit that provides CSED programs for schools, homes, communities, and the workplace. Choose Love programs serve more than 2 million children in 10,000 schools across the U.S. and in more than 100 countries.

Visit [chooselovemovement.org](https://chooselovemovement.org) to learn more. Also visit on [Facebook](#), [Twitter](#) or [YouTube](#).

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### **About The Jesse Lewis Choose Love Movement™**

Jesse Lewis, a six-year-old first grader, was a victim of the Sandy Hook tragedy whose action saved the lives of nine classmates. Jesse left behind a message on a household chalkboard, “Nurturing Healing Love,” that became the inspiration for his mother, Scarlett, to found the Jesse Lewis Choose Love Movement.

[The Jesse Lewis Choose Love Movement](#) is a 501(c)(3) charitable organization with a commitment to reach students, educators, and individuals, nationally and internationally, and provide them with a simple, yet profound formula for choosing love. The Choose Love Programs

are comprehensive, no cost, lifespan, next-generation character social and emotional development programs. They teach children and adults how to choose love in any circumstance and help them become connected, resilient, and empowered individuals. These skills, tools, and attitudes have been proven through decades of scientific research to be the best way to ensure a healthy, meaningful, and purpose-filled life. Its signature program, Choose Love For Schools™, is a no-cost infant/toddler through 12<sup>th</sup> grade curriculum that contains the simple universal teachings of courage, gratitude, forgiveness, and compassion-in-action – the foundational concepts of Social and Emotional Learning (SEL). Choose Love For Home™, Choose Love For Communities™, and Choose Love For Athletics™ are also available.

For more information, please visit [www.ChooseLoveMovement.org](http://www.ChooseLoveMovement.org). Also visit on [Facebook](#), [Twitter](#) or [YouTube](#).

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