31 ways to be

Active this August











FRIDAY



SATURDAY









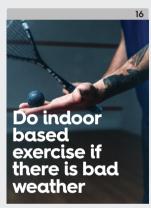










































31 evidence-informed ways to be active mentally, physically, socially, spiritually and culturally... Some of these you may already do, but why not try something new this month to support and improve your mental health and wellbeing.



Search for local activities using the new Activity Finder on our website **actbelongcommit.com.au/ActivityFinder** and follow us **@actbelongcommit**