

**Act** Do something.

**Keep active** - mentally, physically, socially, spiritually, culturally... Go for a walk, say hello, read a book, meditate or pray.

**Belong** Do something with someone.

**Keep connected** - to friends, family, community and your culture. Join a book club, join a sports team, take a cooking class, go to community events.

**Commit** Do something meaningful.

**Do something meaningful, important and valuable to you.** Volunteer, learn something new, take on a challenge, take up a cause, help a neighbour.