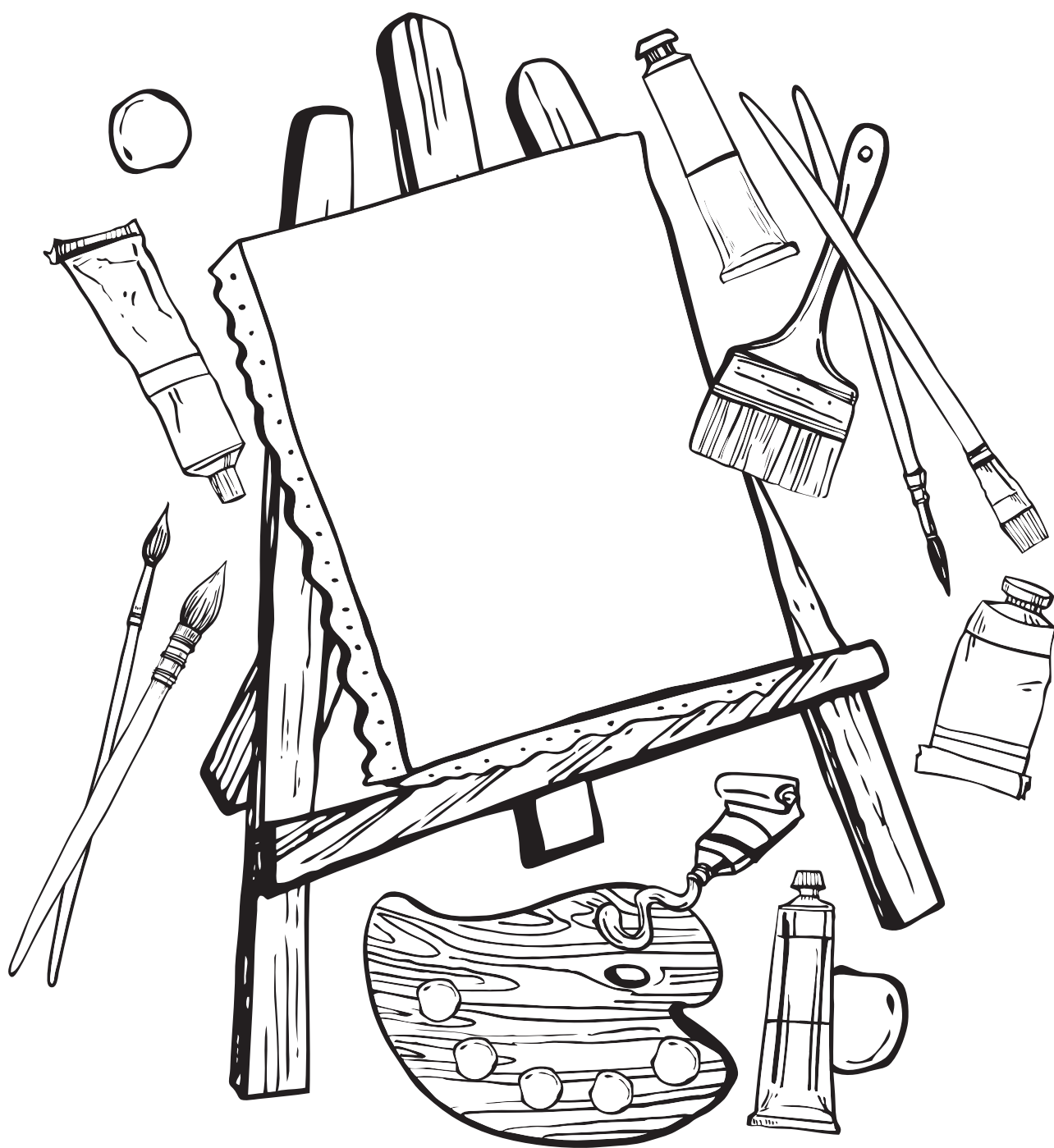


Being involved in art helps your mental wellbeing!



Reading keeps you mentally active!



Being physically active is good for mental and physical health!



Exploring nature
helps improve
creativity and
imagination!



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