

What activities?

Give

Where?

Your time,
your words,
your presence

Your name:



Single Point of Access

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My Wow! (Ways to Wellbeing) Plan



What activities?



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Where?

What activities?



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

Where?

What activities?



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

Where?

What activities?



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Where?