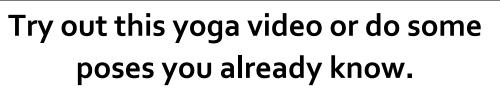


LIVE YOUR WHY

Afterschool Edition









youtube.com/watch?v=7kgZnJqzNaU

How do you feel after doing a relaxing activity such as yoga?

What other activities help you relax and slow down?



Looking for other ideas to help plan your afternoon? Visit us at <u>www.healthylamoillevalley.org/liveyourwhy</u>

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