



# LIVE YOUR WHY

## Afterschool Edition



Take a moment and think about all the people in your life that you are thankful for.



*Thankful*



How do these people encourage you?



A Program of the Lamoille Health Center

Looking for other ideas to help plan your afternoon? Visit us at  
[www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)