

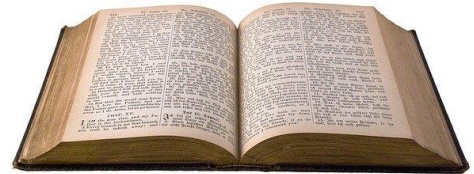


# LIVE YOUR WHY

## Afterschool Edition



**Discuss with a friend or family member a recent book you've read or TV show or movie you've watched and ask them to discuss what they've read or watched.**



Did they talk about any book, movie, or TV show that you might be interested to check out?



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