













LIVE YOUR WHY

Afterschool Edition

Ask a family member if they have any good memories from their childhood or anytime in their life to share.

Ask if they also have any pictures or home movies to share as well.



How do you document special moments in your life?



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