



LIVE YOUR WHY

Afterschool Edition



Do you have dinner together with family members? If not, **try to coordinate a time you can share a meal together with the people you live with. Think up some new conversation topics.**

Scan this:



psychcentral.com/blog/45-conversation-starters-to-bolster-your-bond-with-your-friends-and-family/



What topics sparked the most conversation?



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