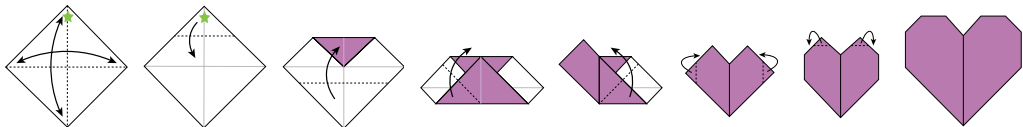




get
creative
for health &
happiness

Write a message to the artists about how you were inspired

... and then fold this paper into an origami heart



fold along the dotted lines

A message for ...

Being involved in the arts is a great way to **Act-Belong-Commit** for your mental wellbeing



Act

Do something



Belong

Do something with someone



Commit

Do something meaningful



#actbelongcommit | @actbelongcommit

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