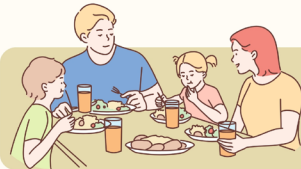


HEALING ACTIVITIES

IDEAS

INDULGE IN THE THERAPEUTIC
ACTIVITY OF COOKING OR BAKING



ENJOY A MEAL AT YOUR
FAVOURITE RESTAURANT

PAMPER YOURSELF WITH A
REJUVENATING DIY SPA DAY AT HOME



EXPLORE YOUR ARTISTIC SIDE WITH
PAINTING OR POTTERY

VOLUNTEER FOR A CAUSE

