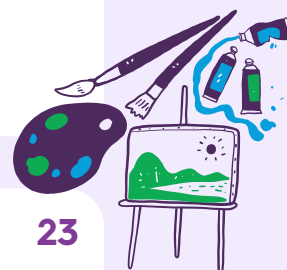
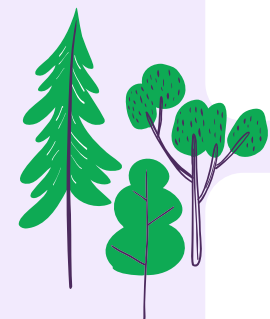


31 simple ideas for better mental health

Active AUGUST



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There are lots of great ways to stay active for our mental health – mentally, physically, socially, spiritually and culturally.