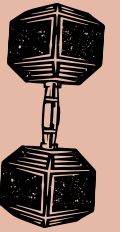


# Movement



**MOVING FOR OUR MENTAL HEALTH.**





This event highlighted the link between physical activity and mental well-being. Enthusiastic students raised awareness for the power of movement and nature as protective strategies for mental wellbeing. We hope that this movement inspires and brings hope to all. For where there is hope there is LIFE!

