

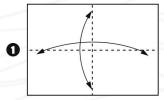


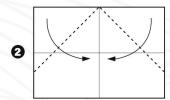
A message for ...

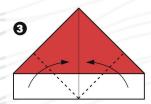
Write a message to someone about a piece of music that has inspired you. Was it the words? Was it the melody?

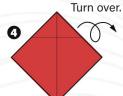
"The language of music is common to all generations and nations; it is understood by everybody, since it is understood with the heart." Rossini, Opera Composer

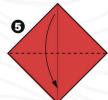
Fold Along the doted lines.

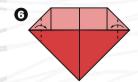


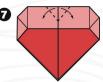




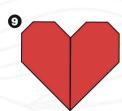


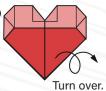














Act



Belong Do something with someone



Commit Do something meaningful

Singing on your own, with a friend or as part of a choir is a great way to Act-Belong-Commit for your mental wellbeing.





