

# FACES OF WELLNESS

INCREASING AWARENESS OF LIFE AFFIRMING ACTIVITIES  
IN AN EFFORT TO PROMOTE WELLNESS!



AN INNOVATIVE COMMUNITY ART PROJECT TO BENEFIT  
THE EDUCATIONAL EFFORTS OF DROP IN NATION

### Sample Drawings:



playing with my cat



drawing in my sketchbook



self improvement

### INSTRUCTIONS:

1. LIST 5 LIFE AFFIRMING ACTIVITIES THAT YOU DO WHICH YOU BELIEVE ARE HEALTHY FOR EVERYONE.
2. CHOOSE ONE OF THE ACTIVITIES AND DRAW IT IN THE SQUARE. PLEASE FILL IN ALL THE SPACE.
3. USE CRAYONS OR MARKERS.
4. PUT THE NAME OF THE ACTIVITY IN YOUR DRAWING

### LIFE AFFIRMING ACTIVITIES:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

QUESTIONS? CONTACT BRIAN NESLINE EMAIL: [FACESOFBUFFALO@HOTMAIL.COM](mailto:FACESOFBUFFALO@HOTMAIL.COM)  
DROP IN NATION EMAIL: [INFO@DROPINNATION.COM](mailto:INFO@DROPINNATION.COM) [WWW.DROPINNATION.COM](http://WWW.DROPINNATION.COM)

RETURN TO: BRIAN NESLINE 57 DANA RD. BUFFALO, NY 14216

EMAIL ADDRESS SO WE CAN TRACK  
YOUR DRAWING ON THE MOSAIC:  
(OPTIONAL)



VISIT FACES OF WELLNESS  
ON FACEBOOK FOR  
PROJECT INFORMATION