

*“The more you study delight, the more delight there is to study... I felt my life to be more full of delight. Not without sorrow or fear or pain or loss. But more full of delight.”*

*- Ross Gay*

A list of 10 things that enhance your life:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

CREATIVE ENGAGEMENT FOR HEALTH

