

# The Eagles: Lifhack, Wellington

Silliness, Sport, Friends, Whanau, Speaking Reo, Hugs. Dayna. Walking, Music, Baking, Reading, Deep & Meaningful. Kate. TREES, PERSPECTIVE, FEELING THE ELEMENTS, MY BUBBA, COOKING. SAM. Playing Games, Calling Friends, beach, Loud Music, Dancing. Toni. Talking, Writing, Exercise, Creative Expression. Simon. Hugs, Exercise, COFFEE, Reading Books. Gina. Exercise, good food, tea, music, cuddles. Chelsea.

Canterbury has been through a lot.  
Thanks for sharing some of the simple  
things that bring you joy.

all  
right?  
allright.org.nz