



Canton Public Library  
connecting your community

# WELLNESS CHALLENGE

This summer, use the library to have fun, learn new things, and create new memories. Pursue a healthy body and mind. #CYSStoryBox

## Experience

Read, watch, listen, attend. Complete an experience for this challenge. For some ideas, visit [www.cantonpl.org/cys](http://www.cantonpl.org/cys). Record what you did in the space provided.

.....  
.....  
.....

## Explore

Reflect. Dig deeper. Learn more. Ask questions. What do you think? What are you curious about? Write about it.

.....  
.....  
.....

## Engage

Share your experience. Tell a friend, share on social media or put what you've learned into action. Journal it

.....  
.....  
.....

*Clip and return this portion to the library to be counted toward our Community Challenge goal*

**WELLNESS CHALLENGE COMPLETED!**

*How far did you go? Color in the corresponding boxes.*

Name: \_\_\_\_\_

**EXPERIENCE**

**EXPLORE**

**ENGAGE**