

# CREATE YOUR OWN WELLBEING

[actbelongcommit.org.au](http://actbelongcommit.org.au)

Keeping mentally healthy through being creative is just as easy as A-B-C: **act-belong-commit!**

**act**

Go to rehearsals and classes, make a new friend in class, learn about the origins of dance

**belong**

Join a dance school, bring a friend along to class with you

**commit**

Learn a new style of dance, commit to rehearsals, learn a new routine, volunteer at a dance event or festival



**act  
belong  
commit**