

# Show Us how you... **Tune In - Not Out to Wellbeing**



## Poster / Art Competition

Create a poster or artwork that expresses how you "Tune In, Not Out" to wellbeing, in support of the Australian Lions Wellbeing Foundation's youth website: [www.tuneinnout.com](http://www.tuneinnout.com)

Wellbeing can come from many different places for example this could be:

- Moving your body
- Learning something new
- Connecting with others
- Helping people
- Getting enough sleep and Eating well

Becoming aware of what boosts your wellbeing is a powerful tool!

Submit your artwork to be in the running to win great prizes as part of Lions Australia's Wellbeing Service Initiative, proudly sponsored by your local Lions Club.

### Prizes:

**Sponsored by:**  
**Closing Date:**



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

