

# Leisure and Culture

Leisure and cultural activities look different to everyone. Whether it is playing a musical instrument, getting together with friends, or visiting your public library, all are important to quality of life.



Participating in physical, social, and cultural activities play a role in our wellbeing throughout our lives.

Access to opportunities for creative expression, physical activity and cultural learning encourage the full expression of a person and community's identity. It fosters a sense of belonging and allows participants to build relationships.



Think about ...

How do you think leisure and culture go hand in hand? What activity in your life would you consider improves your overall wellbeing?