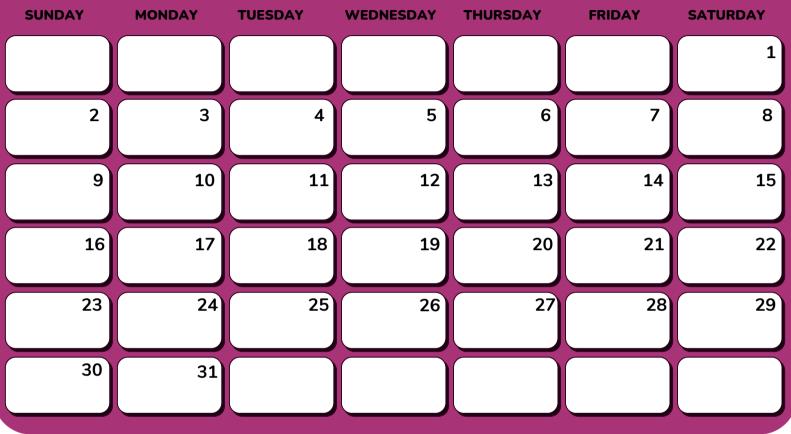
GOMMIT TO *CONNECTION* JULY 2023





Spend time connecting with others. Commit to at least three activities from the list below.

- Have dinner or coffee with friends
- Go on a walk with a friend or pet
-) Call someone out of the blue
-) Connect with a new colleague
-) Join a book club