



# Ōtepoti Dunedin Things to do

Free and under \$5

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**Living Well**



## A free activity book

For distribution across Ōtepoti Dunedin

The book features easy to achieve activities to help people get active, get out and get connected. The activity pack has items that help with the activities.

### TWO FORMATS

#### The Book

- Full colour A5 paperback
- 60 pages

#### Activity Pack



- The book
- Bee Card
- Sewing kit by Stitch Kitchen (needles!)
- Recipe book from Heart Foundation and FinCap (50 have a different book)
- Coloured pencils
- Play doh (wheat!)
- And the initial 250 have T-Shirts from Alzheimers Otago and pencil sharpeners

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