

# WELLBEING DAY

## NURTURE A SEED, NURTURE YOURSELF

Every idea, dream, or vision begins as a small seed. With care, patience, and attention, just like watering a plant, it can grow into something beautiful.



### What to do:

- Pick up your mini plant kit (soil + seed + pot)
- Take it home, plant your seed, and nurture it



Reflect on the “seed” you want to grow in your own life : wellbeing, inspiration, or a new project



Discover more:  
Visit our Community Garden, a shared space to connect, recharge, and grow together.



In collaboration with:  
Wellbeing Services · Welfare Committee · GISA Events