

Heal.thy Low Back connect using your gifts and talents

CREATE using your gifts and talents. Create something that shows them off your gifts and talents in your own unique way. Get creative and have fun! Notice and write down the feelings that come up as you walk through this process.

SHARE

Share your creation with someone! We have gifts and talents to connect with others. That's it -- that is what they are for. So choose someone to share your creation. Tell us about what happened and what it felt like to share your gifts on the private [Facebook Page](#).