



# MIND MUSIC SOUL



**The Adventure of Stories is an immersive and interactive audio experience for adults, set to spark the imagination! Created as part of Art Is Everywhere, the community wellbeing resource is based on stories gathered from residents of North Lanarkshire.**

Join us on a journey of exploration, as we take inspiration from the great outdoors and memories from back in the day! A chance to reflect, recharge and reset!

**Experience these creative community mental health resources by scanning the QR codes.**



**Need further support? Head to the resources section at [www.culturenl.co.uk/arts](http://www.culturenl.co.uk/arts)**

**[www.audiostory.co.uk/mind-music-soul-indoor](http://www.audiostory.co.uk/mind-music-soul-indoor)**

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