Shared Reading & Book Groups





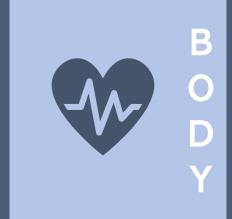
Express your opinions with confidence

Expand your general knowledge

Challenge your understanding

Awaken your capabilities

Think strategically



Connect physically with others

Reduce your stress levels

Eat cake and drink tea!

Improve your overall health

Make time to read and relax



Be listened to

Feel less isolated

Reflect on yourself and others

See yourself in the pages of a book

Grow cultural awareness and empathy













