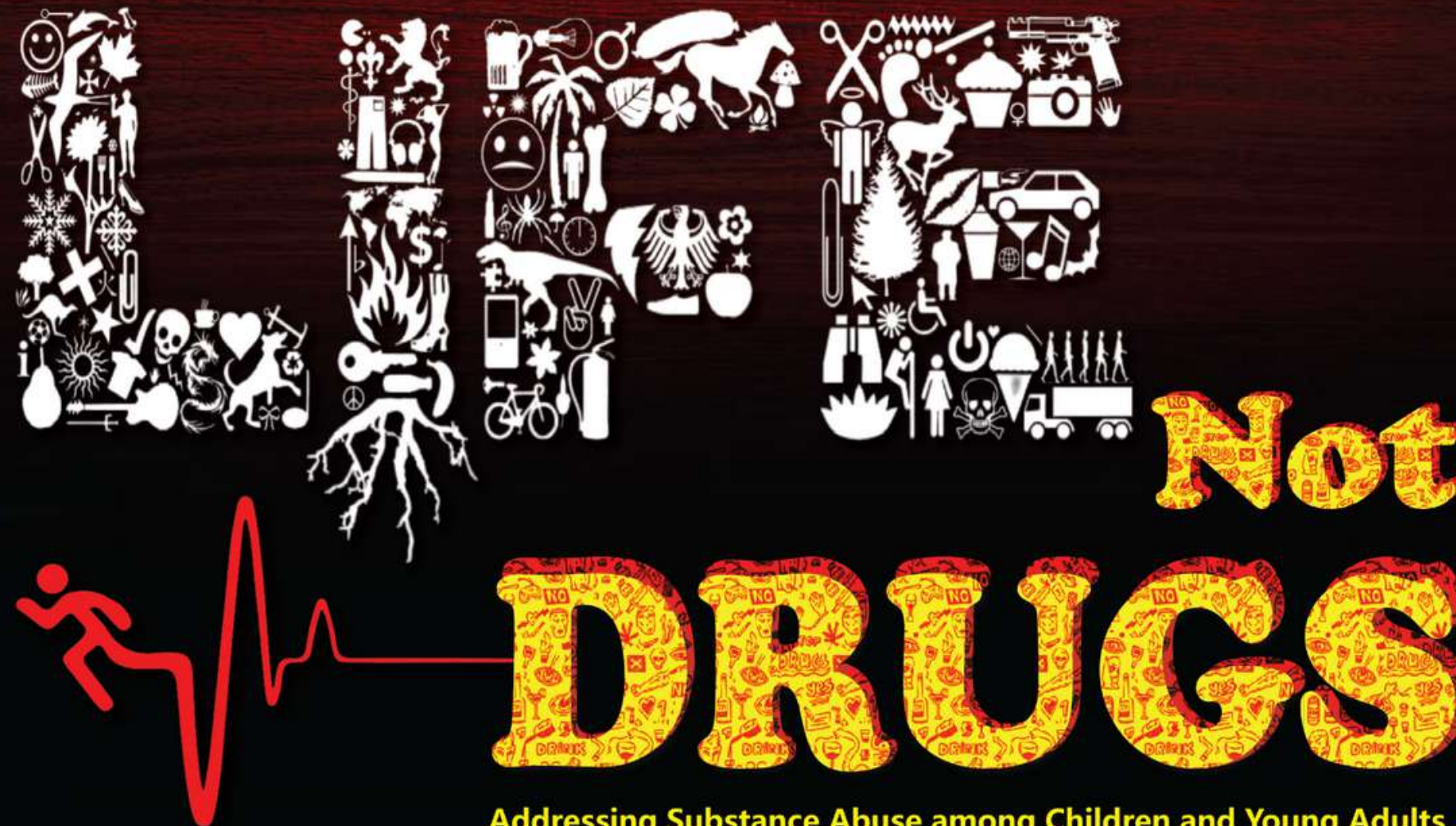


Choose



Breaking the Chains of Drug Addiction

Drugs are like a trap that makes you feel bad. They take away your dreams.

Say no to drugs, stay strong and choose a happy life.



Community Support Programs

- Collaborate with schools, families & communities
- Engage in community activities and events
- Promote positive bonding and healthy alternatives
- Seek help from helplines or counseling services



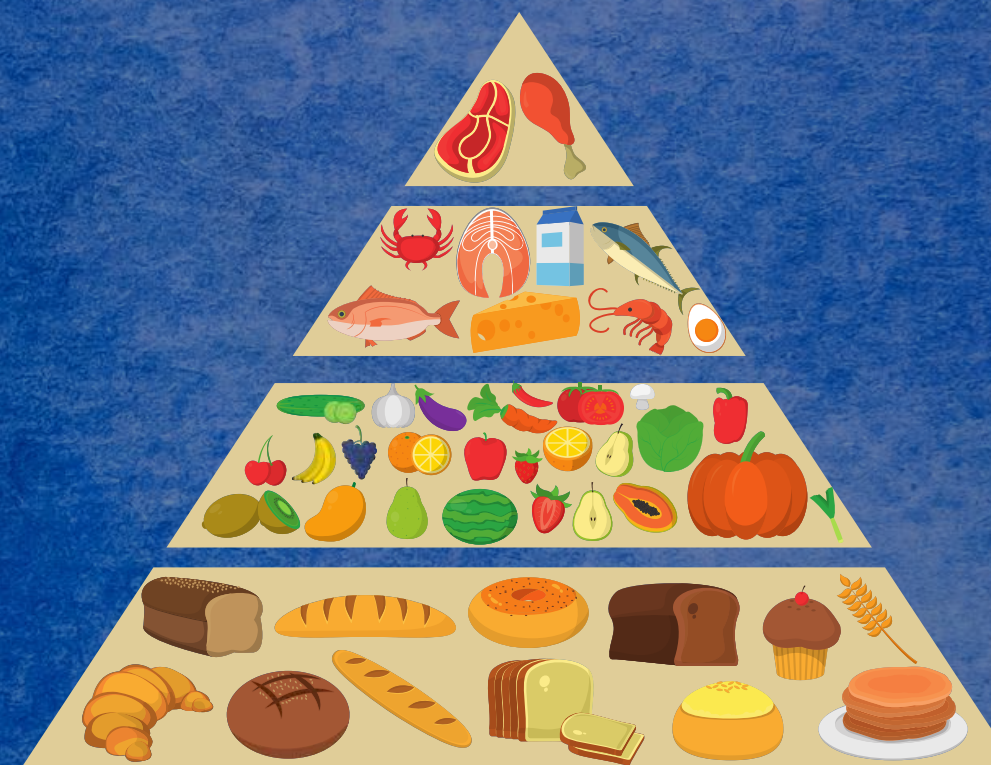
Healthy Lifestyle Choices



Exercise



Yoga



Nutrition



Sleep

Positive hobbies channel energy & creativity



Arts



Sports



Travelling



Singing



Dancing



Reading & Writing

“Nothing is impossible; the word itself says,
‘I’m possible!’”
– Audrey Hepburn

[MORE RESOURCES](#)



DB YaR Forum