

Dip into reading

**Reading a little
each day can make
a big difference!**

Reading delivers noticeable health and wellbeing benefits including better sleep, decreased stress and reduced feelings of loneliness. Pop into your local library to find great reads, reading activities and support to start regularly reading.

Visit libraries.wales or check out your local library Facebook page to get involved.



#DipIntoReading



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**THE
READING
AGENCY**