

Wellness Journey

SUPPLY LIST

At Big Picture Scrapbooking, substitutions are encouraged! Our supply lists are designed to help you use what you have on hand. When you do need help or additional supplies, we believe the personal attention at your local scrapbook store can't be beat. We are pleased to be in partnership with Scrapbook.com to offer you a visual reference to tools and products you will need to gather. We cannot guarantee the availability of every item on this list, but we work diligently with the Scrapbook.com team and appreciate their efforts to provide a convenient, one-stop resource online.

To prepare for Lisa's class, please gather the following:

- 6" x 6" D-ring album like this one from [American Crafts](http://AmericanCrafts.com)
- 6" x 6" page protectors like these from [American Crafts](http://AmericanCrafts.com)
- patterned paper (I used papers from Basic Grey's Stella Ruby line)
- journaling stickers (I used Heidi Swapp Journaling Spots)
- bookplate (I used Basic Grey Jumbo bookplates)
- [Mod Podge](http://ModPodge.com) for adhering paper to chipboard album
- [ribbon](http://Ribbon.com)

Please note: I've just listed some scrapbook supplies here - in my pre-class handout, I will discuss fitness-related gear that you need!

Looking forward to our wellness journey,

Lisa

