



ADULT COLORING CLUB

Groundbreaking research in 2005 proved anxiety levels dropped when people colored mandalas, which are round frames with geometric patterns inside.

Just like meditation, coloring allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate free-floating anxiety.

Trendy, relaxing, and definitely cool. Bring your coloring book and coloring pencils and spend a stress free hour with friends.

**Join us on the second and fourth
Tuesday from 1:00 - 2:00 pm in
Conference Room A
St. George Branch Library
88 West 100 South
St. George, Utah 84770
Phone: 435-634-5737**



Colored by Kimberly Bowen

**For more information,
contact Ruth L. Tanner
at the number listed.**

