



COLOUR-IN MANDALA

**TUESDAY, 31 OCTOBER
THE BISTRO – 2PM**

Join us for a colouring workshop as a wonderful form of therapy that will, reduce stress and pain, lower blood pressure and promote sleep. It increases focus while exercising the brain and expresses your creativity.

ALL WELCOME

Escape from your daily worries and join us for a quiet afternoon of colour. Mandalas, crayons and kokis will be provided but if you have your own then please bring them along.

Tea/Coffee and Biscuits will be served.

Please RSVP to reception on Ext 1400 for catering and seating purposes.