



# COLOUR-IN MANDALA

**TUESDAY, 16<sup>th</sup> JANUARY**  
**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.