



COLOUR-IN MANDALA

TUESDAY 6TH & 20TH
FEBRUARY
THE BISTRO – 3PM

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 koki's will be provided but if you have your own then please bring them along.

Please RSVP to reception on Ext 9 for seating purposes.