

EASY ZEN: MEDITATION & ADULT COLORING/CRAFTING

FEEL FREE TO BRING YOUR KNITTING, CROSS-STITCH, ETC. IF ADULT COLORING IS NOT YOUR CUP OF TEA!

A GREAT WAY TO WIND DOWN FROM YOUR WORK WEEK!

**Date(s): Second Friday,
Nov. 10, Dec. 8**

Time: 5:15 pm to 6:30 pm

WHERE

**Natural Connection Wellness
Center**

313 Fourth Street, Huntingdon, PA 16652

All are welcome. The session will begin with a brief meditation followed by coloring, knitting, etc. to meditative music.



COST:

\$5 per person

\$3 for HHWA

members

**(For those 12 years or
older)**

**Cost includes adult
coloring book and
colored pencils**

**For additional
information contact
Dana Jefferson at
wintersjoy74@gmail.com
or 814-643-4260**

**Benefits of
Meditation and
Adult Coloring
include:**

- Stress reduction**
- Sparking
creativity**
- Help with vision,
motor, and
problem solving
skills**