



# *C*ONNECTIONS SUPPORT GROUP THERAPEUTIC COLORING

“Art is your personal diary  
where you may color your thoughts and emotions on a page.”

– Sara, Los Cerros Middle School



The therapeutic benefits of this timeless activity, make it a valuable method of artistic expression for all ages. Adult Coloring Books provide our Residents with a creative outlet that is success orientated. The repetitive motion involved in coloring is soothing and can help maintain and strengthen fine motor skills.

*Join us for some **ADULT COLORING FUN!***

Thursday, January 25<sup>th</sup> at 5:30  
Spring Hills MV – Country Kitchen  
Call 703.780.7100 for more information!