



CONNECTIONS 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, August 9th at 6:00pm
Spring Hills Mount Vernon
3709 Shannons Green Way
Alexandria, VA 22309
Activity Room
Call 703.780.7100 for more information!