



## Join our newly-formed Adult Coloring Group!

Coloring has been proven to enhance concentration, relieve stress and help reduce anxiety. Come and explore your artistic side, meet new people, and have some fun, all while listening to soft relaxing music. Colored pencils and coloring sheets will be provided or you may bring your own.

**Drop-In, no registration or artistic skills required!**

**Mondays, starting September 26**

**1:00 - 2:30 PM**



WJV Community Center • 1 Library Road • Briarcliff Manor, NY 10510

For more information, please call Stephanie Rossi at 941-6560 or Shelley Glick at 941-7072

THIS PROGRAM IS CO-SPONSORED BY THE BRIARCLIFF MANOR LIBRARY AND BRIARCLIFF RECREATION DEPARTMENT