Keep Calm and Color On

Wednesday, April 13
Room 375
Campus Center

Session 1
Noon—12:30 pm

Session 2
12:30 pm—1:00 pm

Can you color your way out of stress? Can a favorite childhood pastime really help adults expand their creativity while clearing their minds? To many who have tried the latest adult coloring trend, the answer is a resounding, “Yes!”

Over the past few years, researchers have found adult coloring program participants to be less stressed and more focused. Let’s get together and keep calm by coloring on!

All materials provided.

To Register Contact:
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu

CALL 442-5483 OR REGISTER ONLINE

HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

Stay for 5 minutes or 30!