



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COLOR YOURSELF CALM



Yoga for the Brain! DANVILLE FAMILY YMCA

Coloring is the new meditation! In many cases, coloring has not only helped reduce stress and relieve people of anxiety and depression, but coloring has also been known to help with sleep and increase productivity. Join us for an afternoon of fun and color your stress away! *Adults only

Why should you try coloring?

- Coloring trains your brain to focus
- Coloring reduces stress and anxiety
- Coloring gives you a chance to be social
- Coloring helps your fine motor skills and vision

Bring a snack to share and/or a sack lunch. Please bring a friend! Friends are always welcome!

WHEN: Monday, Sept. 18th, Monday, Oct. 2nd, Oct. 16th, Oct. 30th

TIME: 11:30 a.m.—1:00 p.m.

LOCATION: DANVILLE FAMILY YMCA
Join us in the Multi-purpose
Meeting Room

DANVILLE FAMILY YMCA
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