Coloring Workshop

“The practice of coloring generates wellness, quietness, and also stimulates brain areas related to motor skills, the senses and creativity.”

What to bring (any, or all): Colored pencils, fine point markers, crayons, coloring sheets, etc.

What will be provided: Coloring sheets and music.

Register by visiting the HR Training Opportunities website:
https://webapps.uc.edu/hr/trainingopp/

Main Campus | Medical Campus | Clermont Campus
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3/10/16 11:30am-12:30pm TUC 400C | 3/31/16 3pm-4pm University Hall 454 | 4/11/16 12pm-1pm McDonough Hall 105

Questions? Please contact wellness@uc.edu uc.edu/hr/bewelluc