COLORING FOR STRESS RELIEF

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

Coloring helps you relax, reduce stress and boost mental clarity. Take some time for yourself and try this stress reducing exercise.

TUES. JULY 11TH UHALL 610 12:00-1:00
MEDICAL CAMPUS

To register for this sessions, you can log on to our new registration tool: https://webapps2.uc.edu/ce/HRTTraining/Workshops?category=BeWell