



## EMANCESS OF A MOUNTSELL

Coloring has the ability to relax the fear center of your brain, reduce stress, and improve focus. Join our creative community to socialize and express yourself through color!



1/27, 2/24, 3/23
Galloway Library
306 E. Jimmie Leeds Road
Galloway, NJ 08205
12-2pm | Free

For more information contact: namiacm.am@gmail.com

The Atlantic Center for Independent Living supports equal access for all. For accommodations please contact Jennifer at jburke@atlanticcil.org | (609)748-2253 ext.4