



SIXWAYS
to wellbeing

Stress
Awareness
Month 2022

Mindfulness Colouring Event



DROP BY ANY TIME TO COMPLETE SOME
MINDFUL COLOURING IN A CALM AND
RELAXING ENVIORNEMT

FREE SNACKS PROVIDED!

THURSDAY 28TH APRIL
ANY TIME BETWEEN 2:30-4:30PM
SIMON BUILDING ROOM 1.34

EVENTBRITE: [HTTPS://BIT.LY/37XXCSA](https://bit.ly/37XXCSA)

