

TAKE CARE TUESDAYS

Helen B. Hoffman Plantation Library
501 N. Fig Tree Lane
Plantation, FL 33317
954-797-2140

MINDFUL COLORING FOR ADULTS

✨ ✨ ✨ 2nd Tuesday of each month - drop in
between 11am and 2pm

Coloring utilizes areas of the brain that enhance focus and concentration and nurture attention. Mindful coloring is a purposeful act of paying attention to what we are doing in the present moment and may lower stress and increase creativity and relaxation. Supplies provided.

