



# Join us!

at the  
Center for Contemplative Studies



**Mon/Tues/Weds • 12:30-1:30pm • In person**

## *Mindful Coloring with Lynsey*



Come take a break from your day and relax with mindful coloring!  
Similar to meditation, mindful coloring helps you to focus on the present moment and let go of any worries about the past and future.

All supplies will be provided 😊

**No need to register, just come on in!**

**Ehinger Annex Room 101**