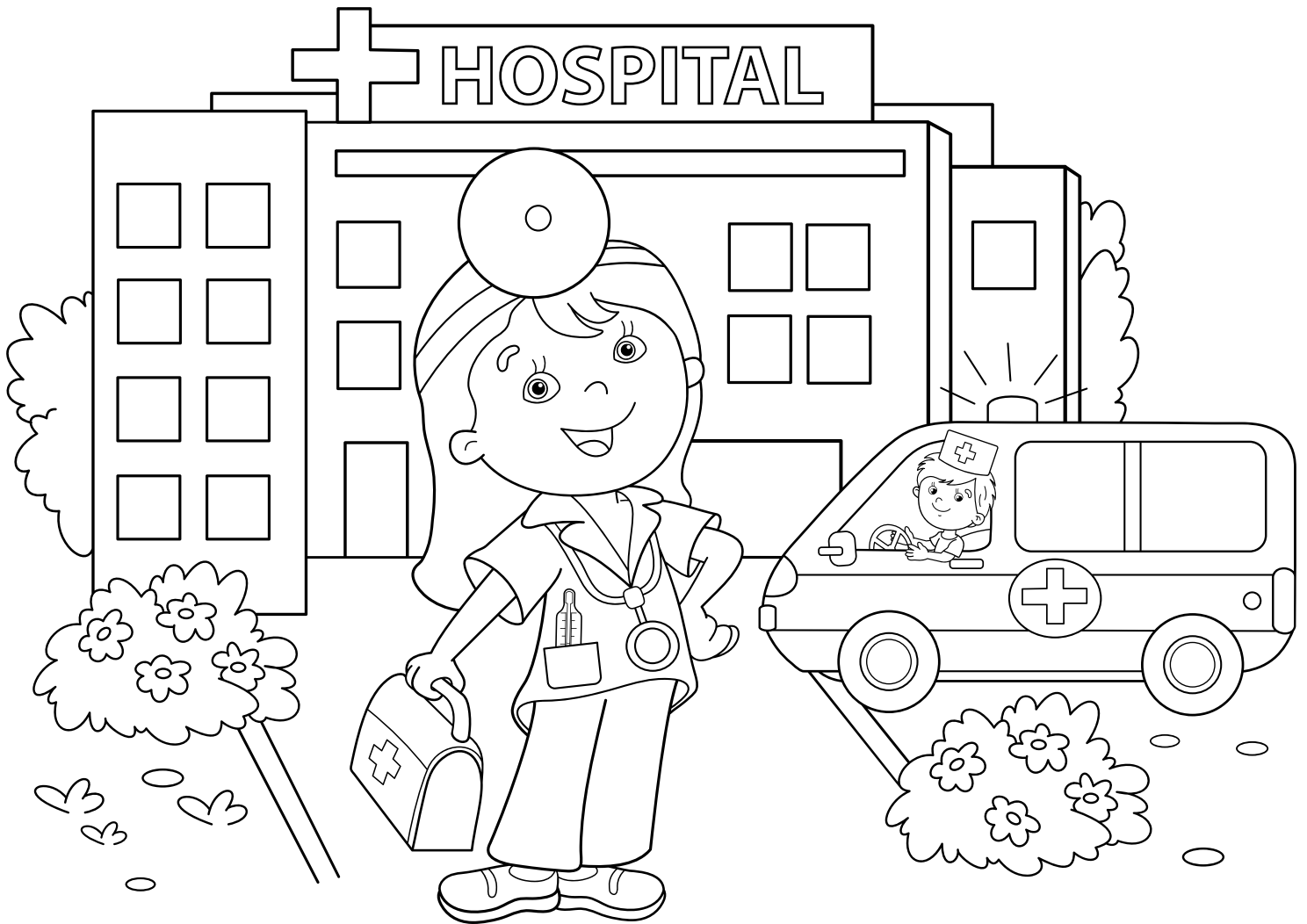


STRESS RELIEF

Coloring book



A FUN WAY TO RELAX YOUR MIND AND UNLEASH ITS CREATIVE POWER

Coloring is a great way to relax and put the mind at ease—and the whole family can participate! The activity helps refocus attention, improves mood and boosts creativity. Grab your art supplies and let the fun begin. We'd love to see your colorful creations. Share your masterpieces with us by tagging @UofLHealth on Facebook, Twitter and/or Instagram.







