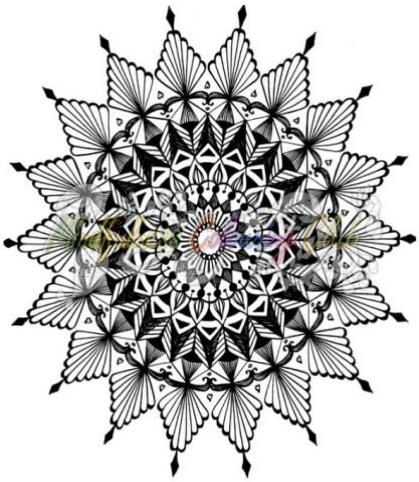


Colouring for Mindfulness



An informal club for adult colouring – An hour's respite to clear the mind, an antidote to stress, anxiety and worry!

*No membership. Taster session £2
just come along and join in.
Bring your own materials.
[BargainArts, Mill Street]*



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*Ottery Library and Information Centre
Fortnightly on Tuesday evenings.
Starts Tuesday 13th June
5.30 to 6.30pm*