



KEEP CALM AND COLOR ON Adult Coloring Program

Mondays in February at 1pm
Fairfield Woods Branch Library

Did you know that studies show coloring reduces your heart rate, increases your respiratory sinus arrhythmia (a marker of good cardiovascular health) and can make you feel less anxious?

Come and give this fun activity a try!
We'll supply the materials and some easy listening while you color. For adults 18+.



Fairfield
Public
Library

All programs are free and open to the public.
For more information: fairfieldpubliclibrary.org or call 203-255-7307.

Main Library
1080 Old Post Road
Fairfield, CT 06824

Fairfield Woods Branch
1147 Fairfield Woods Road
Fairfield, CT 06825

