

COZY TIME AT TREDWAY LIBRARY

JOIN US FOR AN AFTERNOON
OF UNWINDING AND
DESTRESSING

WEDNESDAY,
NOVEMBER
6TH



COZY HOUR 1:00-2:00PM

Cozy up with a warm cup of hot chocolate or apple cider

CALMING COLORING SHEETS

We will have calming coloring sheets for you to color, reflect, and unwind.



MEDITATION & SELF REFLECTION SPACE

Do it yourself meditation/stretching guide sheet/Mindfulness Activities

QC THERAPY DOGS 4:00-6:00PM

Trained therapy dogs will be present to provide affection, comfort, and love.

