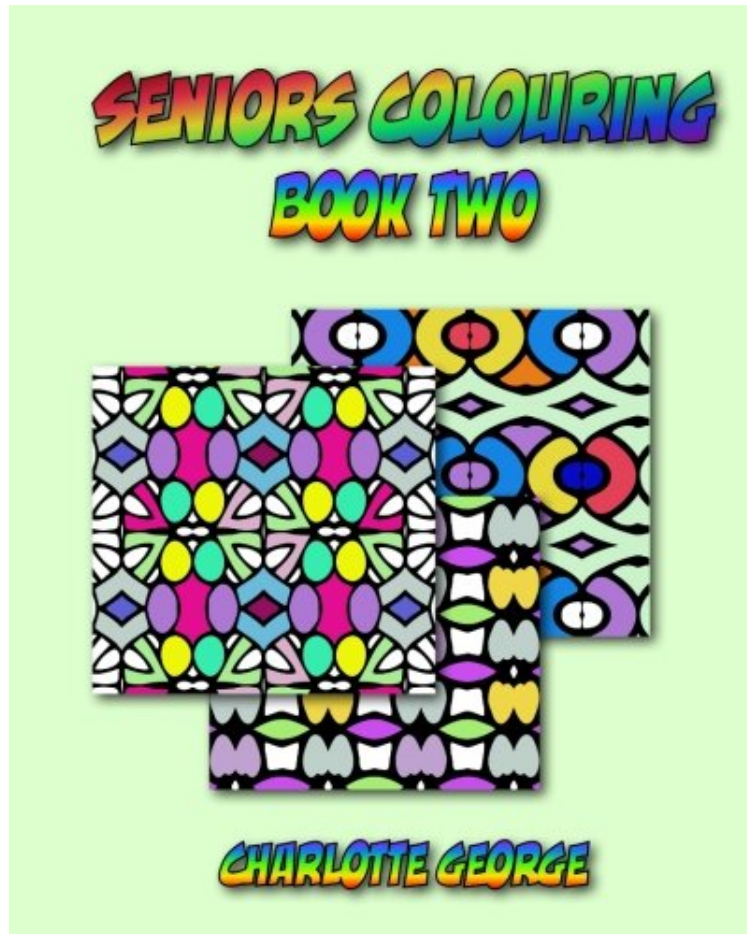


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Charlotte George

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HOURS OF RELAXING FUN***** Seniors Colouring Book Two Adult colouring is very popular and is also recognized as a great tool to reduce stress and develop an active mind. But many of the patterns in colouring books currently available have too small lines and intricate shapes not suitable for older people. They quickly become frustrated and lose interest, which is a shame. Health professionals recommend the use of colouring books to help

them deal with everyday stress and to find a hobby they can enjoy. The UK Alzheimer's Society have recognised that the use of bright colours can play an important role in managing Dementia. They say that working with them keeps the mind active and can even slow memory loss and mental confusion. Health benefits aside, colouring has always been about letting your imagination spill out onto a page and creating something special and unique. This large pattern book will make that so easy. The book is filled with 50 beautiful and large patterns so you will always have a book of colouring therapy to help you get through your day.