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May 17th, 2020 - giving care by silvert s forum member profile gt profile page user karen tyrell cdp cpca title new member about karen tyrell is a dementia consultant educator and author for over 20 years she has been a zealous advocate for those affected by dementia she is'

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# '7 benefits of colouring for adults and why you should

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# 'creating excitement and memories in challenging times

May 25th, 2020 - as the covid 19 pandemic is spreading across north america it s being more of a priority to protect our vulnerable residents that live in elder care homes most homes have implemented strict no visitor lockdown policies to keep residents safe and healthy part of this new normal is the implementation of social distancing measures which includes read more'

# 'how helpful are adult colouring books get self help

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## buy the best coloring books online in sg may 2020

May 29th, 2020 - colouring is one method that helps break the routine of life itself making them feel more fortable and relaxed after a long day of work on the other hand this activity helps one to be with their thoughts and many have successfully rediscovered themselves through colouring is an inexpensive activity colouring is no longer a child s activity

May 29th, 2020 - therapeutic colouring helps us take a break from our hectic lifestyle and focus on the present situation colouring the line art in front of us it is a mindful activity that is simple to perform the designs are so intricate that using any colour that es to mind makes it pretty it lets the perfectionist in us take a break'

# '10 benefits of adult coloring books on stress amp anxiety

May 31st, 2020 - coloring pages are no longer just for kids these days many adults are coloring too and not just to give them a temporary return to the days of their youth there are many good therapeutic reasons why adult coloring pages are all the rage these days this post goes over the top 10 benefits of adult coloring and how they can make a major impact on your life'

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