

Range of Colour

\$15

Available at Mapleton Community Library,
Blackall Range Visual Artists members

Email: mapletonlibrary@gmail.com



Colouring Book includes designs from five artists of the Blackall Range region:

Rosemary Gemmell

Philippa Hume

Nita C Lester

Dorothy Peall

Barbara Willcocks

Profits from the sale of this book go directly to community organisations including Mapleton Community Library, Mapleton, Queensland.

Colouring: The most amazing things occur — we start seeing change in heart rate, changes in brainwaves. It's a process that takes us to a time that is stress free. Colouring is a stress-free activity that relaxes the amygdala — the fear centre of the brain — and allows our mind to achieve the rest it needs.