

# QUILTING GROUP



**2nd & 4th Wednesday  
12:30-4:00 pm**

Socialize with other quilters while working on your own project. Individuals come together to share their knowledge, ideas, and techniques. All skill levels welcome!



## **5 Benefits to Quilting:**

1. Improves cognitive function and hand-eye coordination.
2. Reduces stress and promotes relaxation through the repetitive nature of the activity.
3. Offers a creative outlet for self-expression and artistic exploration.
4. Provides a sense of accomplishment and pride in completing a finished project.
5. Builds a sense of community and connection through group quilting activities and sharing of finished projects.

