

Sewing improves your

MENTAL HEALTH & WELL-BEING



a **SPOONFUL** of *Sugar*
make.bake.create.



Sewing boosts your
SELF ESTEEM

Sewing helps you
EXPRESS CREATIVITY



Sewing reduces your
STRESS

Sewing enhances
YOUR MOOD



a SPOONFUL of *Sugar*
make. bake. create.

Sewing improves your
FOCUS



Sewing builds your
CONNECTIONS



a **SPOONFUL** of *Sugar*
make.bake.create.

Sewing relaxes your
MIND & BODY



a **SPOONFUL** of *Sugar*
make.bake.create.



Sewing helps you
DEVELOP SKILLS

Sewing improves your
MINDFULNESS



Sewing improves your
WELL-BEING

