

*Sewing improves your*

# **MENTAL HEALTH & WELL-BEING**





*Sewing boosts your*  
**SELF ESTEEM**



*Sewing helps you*  
**EXPRESS CREATIVITY**







*Sewing reduces your*  
**STRESS**



*Sewing enhances*  
**YOUR MOOD**





*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**

