



School Holiday Fun at Trangie Library!

Beat the winter blues these school holidays with these fun activities at Trangie Library!

Relax @ Trangie Library

Thurs 8 July: 11am-12pm

Have fun and learn some simple techniques to help relax the mind and body. You will learn some relaxation techniques including mindfulness, breathing and gentle yoga. PLUS make your own stress ball to take home.

Zentangles

Thurs 1 July: 11am-12pm

Learn the art of Zentangles; test how the simple act of drawing can unleash your creativity and increase focus and relaxation.

For ages 5-12 years.

To book, contact Trangie Library on 02 6888 7501