



SEWING

- Teaches hand/eye coordination
- Keeps mind clear, focused, and active
- Teaches creativity
- Promotes lifelong learning
- Teaches perseverance & patience
- Helps with self-esteem

Learning to sew is good for your well-being. Creating unique items does wonders for your self-confidence and allows a person to express their individuality. Sewing can save you money and helps reduce your environmental impact.



Kit Contents:

- Sewing Machines
- Scissors
- Sewing boxes with various sewing tools



253-798-7160

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office. Persons with disabilities who require alternative means for communication, program information or reasonable accommodation need to contact their local county WSU Extension Office at least two weeks prior to any event.