



**Dignity Health®**

Multiple Sclerosis Achievement Center

# WRITING AS HEALING

Have you ever considered expressive writing as a form of healing? Writing has been proven to have a positive, healing effect, and we are pleased to welcome **John Crandall**, author, educator, and artist, to facilitate this free writing workshop. Join us virtually to experience a creative, artistic, and confidential form of sharing the written voice.

Accommodations will be available, as needed. **Writing As Healing** is open to members and non-members of the MS Achievement Center.

**Every 2nd Monday of the month**

1:00pm – 3:00pm

## **MS Achievement Center**

7777 Greenback Lane, Ste. 108  
Citrus Heights, CA



*Registration is required. Both virtual and in person options are available. Space is limited.*

To register, contact: 916.453.7966 or  
[Tiffany.Malone@DignityHealth.org](mailto:Tiffany.Malone@DignityHealth.org)

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