

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 John A. Schafer, MD Multiple Sclerosis 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

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