

# 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.

**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

You don't write because you want to say something. You write because you have something to say.

– F. Scott Fitzgerald

*Registration is required to receive a ZOOM link.*

To register, contact: 916.453.7966 or  
[Nathan.Opiana@commonspirit.org](mailto:Nathan.Opiana@commonspirit.org)