

Virtual 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

1:00 – 3:00 pm



Participation in the class is free.

Donations to cover workshop expenses are appreciated.

*Registration is required and a ZOOM link will be emailed to registrants.
Space is limited.*

To register, contact: 916.453.7966 or
Tiffany.Malone@dignityhealth.org