

# 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 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 2<sup>nd</sup> Monday of the month

1:00 – 3:00 pm

---

## **MS Achievement Center**

7777 Greenback Lane, Ste. 108  
Citrus Heights, CA



*Registration is required, participation is free.*

*Donations to cover workshop expenses are appreciated.*

To register, contact:

**MS Achievement Center**

916.453.7966 or [Tiffany.Malone@dignityhealth.org](mailto:Tiffany.Malone@dignityhealth.org)



**Dignity Health**<sup>™</sup>  
Neurological Institute  
of Northern California

Multiple Sclerosis Achievement Center