



A PEN CAN HEAL

WEDNESDAY, MARCH 15, 2022

6:30 P.M.

ROTARY ROOM

DID YOU KNOW THAT BY WRITING ABOUT YOUR THOUGHTS AND FEELINGS FOR AS FEW AS 10 MINUTES YOU MAY CHANGE YOUR EMOTIONAL STATE, IMPROVE YOUR THOUGHT PROCESS AND EVEN SLEEP BETTER?

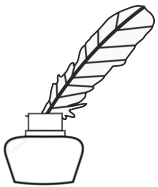
THE GOAL IS NOT TO CREATE A PIECE OF LITERATURE BUT TO RELEASE THE TENSION OF WORRISOME THOUGHTS BY TRANSFERRING THEM FROM YOUR MIND TO PAPER.

NO WRITING EXPERIENCE OR SPECIAL SKILLS ARE NECESSARY!

PRESENTED BY NANCY BILLINGTON FROM INSPIRE INC.

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