



Writing for Wellness

Writing on the spiritual journey

No experience necessary!

When: *Second and Fourth Wednesdays, 6-7 P.M.*

Where: *The Lake House
23500 Pare Street
St. Clair Shores, 48080*

To RSVP or for questions call (586) 777-7761



Write.

Each month we'll delve into a different subject.

Enjoy the satisfaction of expressing yourself through writing.

**Bring a journal and your favorite pen and together we will explore
what's inside of you!**

Monthly Topics

January: *In the moment*

April: *Loving more*

February: *Building dreams*

May: *Infusing joy*

March: *Reducing Stress*

June: *Perceiving yourself*

