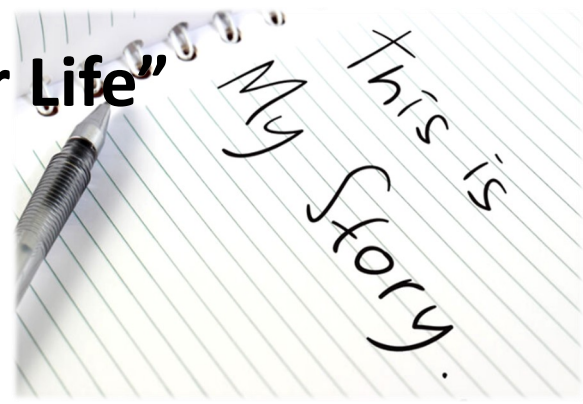


“Start Writing Your Life” Workshop



Did you know:

- Writing about your life can significantly boost the power and clarity of your brain and mind?
- Younger relatives thrive when they know family stories that show values like resilience, courage, and honesty?
- Writing in a small, supportive group is a lot of fun?

Whether you want to share your own life experiences or pass on your family’s stories, this workshop will help you get started and stay motivated.

Each week we’ll discuss aspects of writing from life, including storytelling techniques, organizing your project, and the ethics of writing about living people. Suggested themes and prompts will help you write two-three pages each week. Each class session includes time to share what you’ve written in a supportive environment. You’ll leave with lots of ideas to keep you writing.

I’m Sarah White, a published author and personal historian. I’ve taught reminiscence writing workshops since 2004. Participants praise the way I make the sessions stimulating and keep discussions on track.

Class will meet for six weeks at the Fitchburg Senior Center on Tuesdays, August 9–September 13, from 10:00-11:30 a.m.

Thanks to the Winnie Lacy Memorial Fund we are able to offer this class for the low price of \$30 per person.

Register Here!

Registration & payment deadline is July 15.