



Writing & Healing Sessions

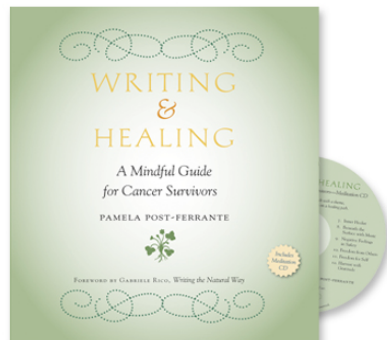
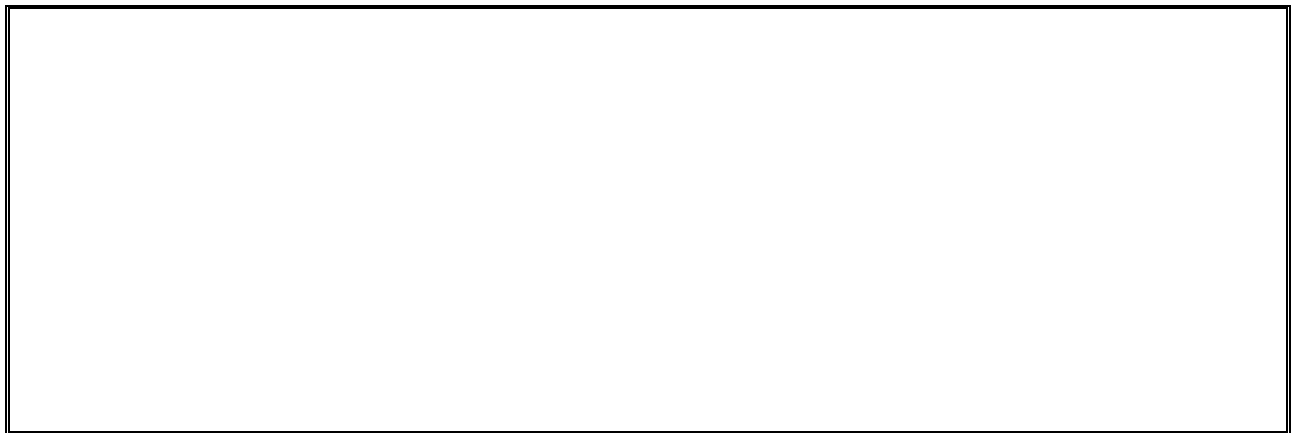
No writing experience is necessary!

Six Healing Sessions of Mindful Meditation and Expressive Writing.

- ❖ The Sessions offer a safe place to explore and share feelings.
- ❖ The Writing elicits creativity, release of stress and restores us to ourselves.
- ❖ Guided Mindful Meditations help to calm the body, mind, and spirit as well as support immune function.
- ❖ Brain Research shows that one can alter one's responses to life through writing.

Workshop Feedback from Previous Writing & Healing Sessions

- *“These sessions have helped me to trust my own voice. I see great value in this process for my well-being as a creative person and cancer person.”*
- *“No matter how depleted I felt, or how exhausting my day had been, I always looked forward to this group, and I always left feeling renewed and energized.”*
- *“Through writing I find the significance of an experience — in the past — and in the present. I find clarity and true inner peace.”*



The sessions come from *Writing & Healing: A Mindful Guide for Cancer Survivors*, written by Pamela Post-Ferrante, after a five year period of surgeries and treatments. Her purpose was to put everything she knew to be healing into the sessions and meditations (CD included) to offer a way for cancer survivors (in or out of treatment) to gather and experience creativity, mindfulness, and sharing in the context of healing themes. All in one place. All for the price of one book. See details at www.writingandhealing.com