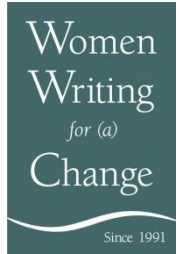


Image by Matt Noble via Unsplash

Women Writing for (a) Change®
6906 Plainfield Road
Cincinnati, OH 45236
513-272-1171
womenwriting.org



January 10th, 12:00 – 2:30 pm
January 31st, 12:00 – 2:00 pm

Visioning for your best life – Physically, Mentally, Emotionally, and Spiritually. How might YOU take better care of yourself in 2021? The old adage of putting YOUR mask on first is really true right now. Take care of YOU so you can take care of the rest of your life – whatever that includes.

In **Session One**, each participant will engage in writing prompts and brainstorming activities to set intentions and make decisions as to how you will care for yourself in the new year and decide to create a vision board or a vision book. In **Session Two**, you will share what you have created over the three weeks and assess how your life is progressing.

Women Writing for (a) Change circle practices will be incorporated for both sessions.

Facilitated by Carol Walkner

Tuition - \$45

Open to All Genders 16+

For complete details regarding this virtual class and to register, please visit womenwriting.org