



PRACTICES & TOOLS  
FOR  
HEALTH & WELLNESS



# Writing CLINICS



IT'S IN YOUR HANDS...  
GAIN PRACTICES FOR A LIFETIME

\* CLINICS RUN 2 HRS.  
\* CHECK OUT  
**WRITE4HEALTH.CA**  
FOR DATES & LOCATIONS

EMAIL: REGISTRATION & QUESTIONS:  
**WRITINGMYBRAIN@GMAIL.COM**

WRITE4HEALTH IS GUIDED  
BY A PAY IT FORWARD  
PRINCIPLE

**PLAY**  
PURPOSE, LIGHTNESS, ACTION, YES!

\* **PLAY** INFORMS & GUIDES PRACTICES  
\* PRACTICES ARE HANDS-ON,  
EXPERIENTIAL, RESPONSIVE  
& PLAY-FULL!

**PLAY** is an acronym:  
Find **Purpose** in new and emerging ways  
Bring **Light**, and *lightness* into your  
situation or day.  
Take **Action** one step at a time.  
Say **Yes**, I can...

*In these two hour clinics you will come  
away with tools that you can built on,  
practice and integrate into your lifestyle.  
Our focus is **health and wellness**—*healthy  
body, healthy mind.**

### Value of write4health clinics

- Involves participants in their own inner journey to health and wellness
- Gives tools to use to identify blocks, behaviours, attitudes, that (*may*) hinder recovery and wellness
- Allows participants to use **PLAY** tools, explore the process in their own way, at their own pace, and record their finding in a personal memory keeper
- Provides outcomes to map their own course to health and wellness with simplicity and ease
- Unblocks our inner genius
- Uncover different way to write4health
- Opportunity to submit works to a write4health Anthology

### If you experience:

- **Confusion, creative blocks, sleeplessness, anxiety, pain, burn-out, apathy, restlessness, lack of focus, inspiration, concentration or clarity** these **PLAY**-full, hands-on, experiential practices will give you skills to grow a process that works for you, and celebrate wins—*one step at a time.*

### If you value:

o **Mindbody health** and recognize that *the body doesn't lie* these clinics are for you. Our brain may lie, but our body doesn't. Through listening to its story, identifying its story, we can move again and regain, redevelop and reweave our story—*one step at a time.* We do not need to *stay stuck, feel powerless or feel less than* because of our experience. It can strengthen us, and move us forward.

### Spoiler Alert:

My experience with rehabilitation was that it was repetitive, robotic, and boring! I wanted something more—something that stimulated me and inspired me to do my life differently. Challenge me in new ways, so I started to **PLAY**, and **PLAY** became my way.

I appreciate **PLAY** is not for everyone; however something else I know—people who are able to *trust their inner genius, allow it out to play*, will also be reawakened, re-identified, and recalibrated in new ways finding hope and skills that last a lifetime. Our brains need to find different neuro-pathways and **PLAY** is one way to do it. Repetition is another way. However, in my experience **PLAY** is a proactive, experiential and innovative way to re-train, re-pattern, and re-map the brain in a hands-on, self-directed way from *inside out*, rather than outside in.