



## **write4health—poem-making apothecary** *“medicine for the soul.”*

In our busy and full lives, poem-making gives us permission to listen from *inside out*. Our health and wellness trusts us to find that balance, and seek that space. In doing so, we feed our spirit and well-being. *“Poem-making is a distillation of our experience, our heart, and our language.”*

Through poem-making experience ways to revitalize, refresh, and rejuvenate health and wellness from *inside out*. Believe it or not, poem-making helps us

- Grow personal understanding of our health and wellness and the mind/body connection
- Gain insights, keys and processes that will enhance everyday life
- Implement simple, short, and concrete ways to bring practice into daily life
- Manage stress simply and improve cognitive skills naturally

Join me for poem-making. Zero experience needed. Laughter and connections guaranteed.