

FOR IMMEDIATE RELEASE

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Workshop offers methods to change one's personal narrative through writing

(PASADENA, MD, March 20, 2017) — Discover how to use writing as a personal tool to express, clarify and ultimately change your emotional landscape. Register today for “**Writing: A Power Tool for Change,**” an interactive workshop presented by award-winning author Laura Oliver from 10 a.m. to noon Saturday, April 29, 2017, at Chesapeake Life Center on the John & Cathy Belcher Campus at 90 Ritchie Highway, Pasadena, Maryland.

Oliver will introduce a number of journaling methods that might appeal to grieving adults more than the traditional “write down what’s in your head” technique. By exploring the power of story and words, participants can learn to express the chapter of loss that has been written into their lives while writing a new chapter envisioning hope and well-being.

“Words are so powerful,” Oliver said. “Words change your thoughts. Thoughts change your feelings.”

The workshop is open to the community and does not require any writing skill. “Only an open spirit,” Oliver said. Participants can share their stories or they can write privately. It is up to each individual.

Author of “The Story Within,” Oliver’s short stories and essays have appeared in numerous regional and national publications. She has a Master of Fine Arts degree in creative writing and literature from Bennington College and teaches writing workshops at St. John’s College. Learn more about Oliver at www.thestorywithin.com.

The workshop is open to adults ages 18 and older. The cost is \$25, which includes a copy of “The Story Within.” Registration is required and can be completed online at <https://www.hospicechesapeake.org/the-life-center-109/tlc-calendar/event/302-laura-oliver-journal-workshop> or by calling 888-501-7077.

(Photo on next page. High resolution photos available upon request.)



Author and writing instructor Laura Oliver. Courtesy photo

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Chesapeake Life Center, a program service of Hospice of the Chesapeake, serves hospice family members and the community with bereavement services and activities aimed at enhancing the quality of life for those grieving the loss of a loved one. For details, visit www.chesapeakelifecenter.org.