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**Workshop demonstrates the power of words to change your life**

(PASADENA, MD, January 4, 2018) — When loss writes a new chapter into our lives, we can lose our grip on the thread of the positive, powerful tale of who we are and who we meant to be. Or, we can put pen to paper and write the next chapter the way we want it to be.

That is what award-winning author Laura Oliver will do when she presents two interactive workshops, “Your Brain on Story! Using the Power of Words to Transform Grief,” at Chesapeake Life Center on the John & Cathy Belcher Campus at 90 Ritchie Highway, Pasadena, Maryland. The first workshop will be held from 9:30 to noon, Saturday, Feb. 24, and is designed for adult participants. The second workshop, designed for teenagers, will be held from 10 a.m. to noon, Saturday, March 10.

By exploring the power of story and words, participants whose life stories have been interrupted by loss, can write a new chapter evoking hope and well-being.

During the workshops, Oliver will share techniques for manifesting change based upon research about the way the brain responds to words. “Changing a life from within is not magic, it’s mind,” she said. “It is a brain thing. Literally.”

The workshops are open to the community and do not require any writing skill. 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 has taught writing at the University of Maryland and St. John’s College. Learn more about Oliver at [www.thestorywithin.com](http://www.thestorywithin.com).

The Feb. 24 workshop is open to adults ages 18 and older and costs \$25, which includes a copy of “The Story Within.” To register for this workshop, click here:

<https://www.hospicechesapeake.org/event/laura-oliver-writing-workshop/>.

The March 10 workshop is open to ages 13 to 18 and is free to attend. But registration is still required. To register for the teen workshop, click here:

<https://www.hospicechesapeake.org/event/laura-oliver-writing-workshop-2/>.

For questions, call 888-501-7077 or email [griefinfo@chesapeakelifecenter.org](mailto:griefinfo@chesapeakelifecenter.org).



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](http://www.chesapeakelifecenter.org).