

## Join us for a special Wellness Wednesday free VIRTUAL event

## Exploring Through Writing

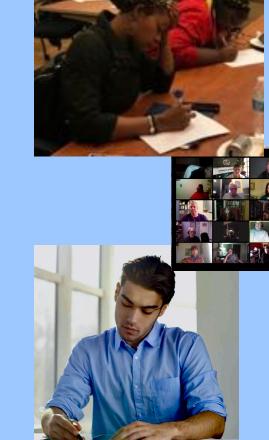
Wednesday July 29th

3:00 - 4:15PM

https://uso2web.zoom.us/j/85355200009

meeting ID# 853 5520 0009 one tap mobile: +16699006833,,85355200009# US

no writing skill or prior experience needed ~ with a bit of guidance & a prompt, we'll see what we have to express ~ in a safe, non-judgmental, confidential group writing will not be posted anywhere (unless you decide you want us to showcase you!)



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