



Journaling has many health benefits. It is an opportunity to tap into your emotional, spiritual and mental self and harness the power of pencil to paper. This is not your typical journaling program. Each week we will explore new and creative ways to discover the world of journaling. Please bring your eagerness to learn, all other supplies will be provided, including refreshments.

### Program Details:

**Every Tuesday, starting May 8<sup>th</sup> – June 26<sup>th</sup>, 2018**

**9:30am – 11:30am**

**Richmond Woods Retirement Village**

**200 North Centre Rd, London, ON N5X 0B1**

**Contact Third Age Outreach, St. Joseph's Health Care London to register or for more information**

**519-661-1621**

