

RE-IMAGINING YOUR LIFE

Creative Aging Writing Workshop

with *Debbie Leaman*



ABOUT DEBBIE LEAMAN

Debbie Leaman has re-imagined her life more than once. As an east coast transplant, she also left a 20+-year career in the investment world to tap into her creative self and become a freelance writer. Her writing, including personal essays, has appeared in numerous local, national and international magazines and on various websites. She was a finalist in both the 2016 Utah Society of Professional Journalists contest and the 2011 Writers@Work Memoir competition. As a writing coach, Debbie listens deeply and helps others express their thoughts, experiences and feelings into words. She's taught various writing courses at Art Access including "Writing Through Grief." Read more at www.debbieleaman.com.

TWO WORKSHOP SESSIONS:

SESSION I:

DATES: Tuesdays, Feb. 7 - 28, 9:30 AM - 12:30 PM

LOCATION: Midvale Senior Center, 7550 Main Street, Midvale, UT

SESSION II:

DATES: Saturdays, March 4 - 25, 10 AM - 1 PM

LOCATION: Art Access, 230 South 500 West, #110, Salt Lake City, UT

AGE: 60+

COST: \$30

CAPACITY: 20

To inquire about fee reductions or accessibility accommodations, please contact elise@accessart.org.

REGISTER online at accessart.org Questions? Contact: elise@accessart.org

"Where do I belong?"

"Who am I, now that I'm not who I used to be?"

"What is my purpose?"

These are common questions we all ask as we grow older. Writing opens us up to new possibilities, helps unblock us, and reveals new pathways toward reinvention and discovery—it changes our perspective in ways that we might not have otherwise seen.

Through shared stories, guided writing prompts, readings, journaling, and other creative means, you will uncover your own personal answers, helping you find purpose and meaning in life's next act. Creative aging means tapping into experience, wisdom and curiosity to awaken a renewed sense of self and create a fulfilling and engaged life. A goal of the class is to work on a personal essay which will provide an opportunity to share your story. No writing experience is necessary. All writing levels are welcome.

