

Rae Hight, RN, MA, LMHC, Certified Journal Therapist
Journaling Coaching 🌿 Consultation 🌿 Instruction

The Write Way to Health ... Journaling for Wellness

A 2-hour Workshop on the Health Benefits of Journaling.

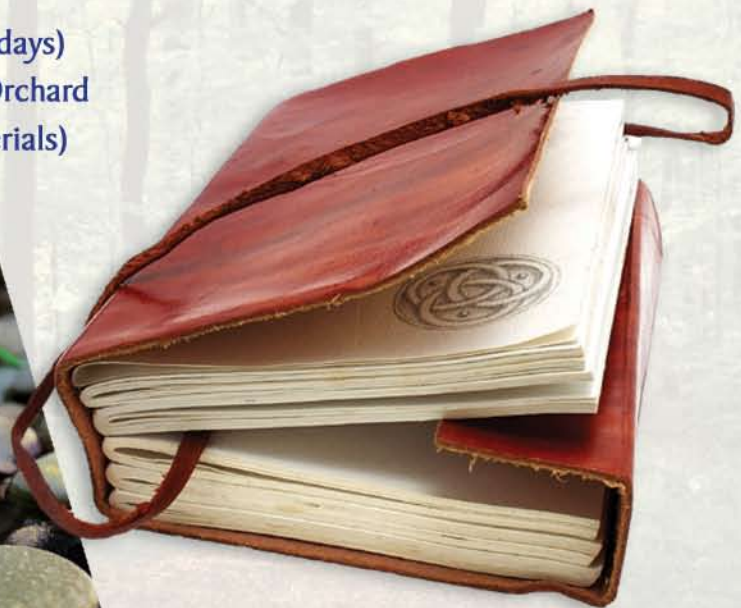
Come to a fun and productive 2-hour workshop -

- 🌿 LEARN how to identify your unique responses to the stressors of life.
- 🌿 PRACTICE journaling, guided imagery and collage ... feel the difference!!
- 🌿 DEVELOP a customized plan for enhancing and enriching the quality of your life.

When: TBA (can be Saturdays or weekdays)

Where: Hight's Pathway Studio, Port Orchard

Cost: \$45.00 (includes handout materials)



Moxie Consultation

Registration Information

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