

Journaling: The Organic Prompt



In this two part workshop we will explore journal writing as a practice that fuels creativity, deepens insight, fosters better understand oneself and the world, and provides guidance on the path of personal growth. The earliest examples of journal writing are hundreds of years old, and modern science has illuminated the many positive effects of journaling. Numerous studies have revealed significant benefits from journaling, which include reduced stress and anxiety, improvements to memory, better immune response, and greater self awareness and self compassion.

For more program details, visit the registration page.

Free to all MIIA:

- **employees and spouses**
- **retirees on a MIIA/Blue Cross health plan**

**2 Classes, Tuesdays,
October 29 and November 5
5:00 PM to 5:45 PM**

Zoom

Monique Schubert

[Register Here](#)



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your MIIA Mobile App**

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