

# Writing as Healing

Writing costs nothing. You can write anywhere – you only need pen and paper. Since the 1990s, studies have shown its healing effects.



Please join us the 2nd Monday of the month  
for a two-hour workshop: **1 – 3 p.m.**

To register, please call **302-623-4580**.  
Seats are limited.

**WHERE:** Helen F. Graham Cancer Center & Research Institute, East Wing, Conference Center, Room 1107.

**WHO:** Sessions will be led by Dr. Joan DelFattore, a recent retiree from UD's English department and the author of four books and dozens of articles as well as other guest facilitators, all of whom are professional writers.

**HERE'S WHAT THE WORKSHOP OFFERS:** Research has shown that certain types of expressive writing can help to reduce stress, promote healing and improve the quality of life. Each workshop will offer hands-on experience with varied topics and forms of writing and those participants who choose to share or discuss their writing will have the opportunity to do so.

*Brought to you by the Junior Board Cancer Resource Library.*



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& Research Institute