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**PARKS AND RECREATION DIVISION**

September 9, 2022

FOR IMMEDIATE RELEASE

For more information contact:

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### **Grinnell Hall Holding Journaling Workshop**

**September 9, 2022** -- Grinnell Hall is offering a journaling for well-being workshop 1-3 p.m. on Tuesdays from September 13-October 18.

This workshop is for anyone who may benefit from therapeutic aspects of journaling through expressive writing. The six-week workshop will teach various writing techniques that may help participants to reduce their stress, learn to express their feelings and emotions on paper; find new ways to solve problems; discover their own creativity and wisdom from their life story; and promote well-being through the writing process.

You do not have to be a writer to attend this workshop. You only need to bring paper, pen, and a willingness to write what's on your mind or in your heart. Jo Ann Koltyk will lead this workshop and has led journaling at the Janesville Senior Center with great response and feedback.

The workshop is limited to 15 individuals and pre-registration is required. This workshop is open to the public and is free of charge. Please pre-register by calling Grinnell Hall 608-364-2875 or stop in at 631 Bluff St. Monday-Friday 7:30 a.m. - 4 p.m.

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