



Northwest Center for *Creative Aging*
PRESENTS

Guided Autobiography Workshop
led by Joanne Horn



**Wednesdays,
April 6 - June 8**

**1:00 - 3:30 PM
Horizon House**

900 University Street
Seattle, WA

**\$100 / person
Class Limit: 12**

Please **RSVP** to Jan Frederick jan@nwcreativeaging.org or
206 382-3789

Learn to recapture and organize the memories from your life in a fun interactive class. Each week, participants write on a life theme and then share two pages within a supportive small group. Writing and sharing life stories helps put memories in context – allowing people to discover new meaning in life and gain the insight to re-evaluate the past and influence the future. ***No writing experience is necessary.***

Joanne Horn is an experienced facilitator and adult educator with an extensive background in mental health, conflict management, writing and literature. She is currently engaged in teaching, training, writing, and consulting in the field of aging. As Director of *Second Half Connections*, she provides workshops to promote creativity and offer opportunities for renewed meaning and direction in the second half of life. She has earned a certificate of instructor training from the Birren Center for Autobiographical Studies at USC and certificates in Geriatric Mental Health and Writing the Memoir from the University of Washington.