



Writing as a Healing Tool

Motivate yourself to let go of negative issues and embrace vibrant well-being by writing letters to friends and loved ones here and in the Spirit world. This highly experiential class will provide techniques to help you heal, uplift, create positive change and release limiting beliefs and emotions.

Research suggests that expressing emotions in a coherent way can be important to mental, physical, and spiritual health. This workshop will build on the mind-body connection to motivate participants to let go of or resolve issues.

Participants will not share their writing with others, and all issues will be confidential. The objective is to provide a coherent tool to enhance mental, spiritual, and physical health.

Time: Saturday, July 8, 2017, 1-4 p.m.

Location: Crow Calls 48 Benedict Blvd. Elmira 14903, weather permitting

Call Martha Benedict, 607-425-8432, to schedule. Instructional fee: \$45 advance registration; \$55 at the door. Register today; class size is limited.

About the Teacher

Reverend Joanne Pfeiderer is a spiritual counselor, interfaith minister, and founder of Wellsprings Ministries, which provides services for those seeking spiritual guidance in the everyday and special moments in their lives. Her practice includes spiritual guidance and communication to help clients release anxiety and pain, bring closure to losses, rebuild self-esteem, and develop positive life goals. She is an ordained minister at Fellowships of the Spirit in Lily Dale, NY, and completed a two-year seminary program there.

Website: www.facebook.com/wellspringsministries

