



“All About Me”

WRITE FOR YOU: *A Journaling Workshop for Nursing Staff*

*May 11, 2021
6 - 7 p.m.*

SPONSORED BY DUHS NURSING
AND FRIENDS OF NURSING

Sign up for this workshop using the
QR code →
or at

<https://artsandhealth.duke.edu/contact>

This one-hour Zoom workshop will provide you with the tools for starting your own journaling practice. You will learn:

- The benefits of journaling.
- Journaling myths that stop you from writing.
- Different approaches to journaling to include doodling and writing to a prompt.
- A range of writing prompts to explore.
- Opportunity to share workshop writing.
- Further resources to expand your writing practice.

Each participant will receive a journaling kit upon registration.

Your workshop facilitator:

Sharon Swanson, MFA, MPA, the Manager of Arts & Health at Duke, received her graduate degree in nonfiction writing from Bennington College. An award-winning essay writer and documentary film maker, Sharon has taught journaling classes to both patients and staff at Duke University Hospital, and at health-related conferences.

Limited to 20 participants.

