

# Journaling for Wellbeing

**Starts Wednesday 31st August**

10.30am - 12noon every Wednesday morning for 4 weeks

- **Venue – Online (Zoom)**
- **Suitable for adults (16+) living in Fife**
- **Free to attend**

## About the course

Join Keira for Journaling for Wellbeing where you will learn about different journaling techniques from writing for reflection to meditative drawing. Each week we will complete a journaling exercise designed to help us reduce and manage anxiety and open up our creativity. The course welcomes beginners and journaling veterans alike. We recommend you bring something to write with and something to write on for our first session.

## About the tutor

Keira works as a multidisciplinary artist and uses Journaling to inform her creative practice. She has delivered Journaling sessions and courses in many settings and environments which always prove very popular and receive great feedback.

**For more details and to register on this course please contact Kerrie Martin, WEA at e. [kmartin@wea.org.uk](mailto:kmartin@wea.org.uk) t. 01383 510774**