

ONCE UPON A TIME: WRITING YOUR STORY

For Breast Cancer Patients

This workshop is about writing from your personal history, for yourself, for your family or friends, or just because. A memoir (from the French word *memoire*, or memory), is a personal account of some aspect of one's life. Legacy writing conveys values and views that one wishes to pass on to others. Legacy, from the middle English *legacie*, is a bequest, an inheritance to be received.

In this 4-week introduction, you will learn and practice writing, simply for the pleasure and experience of recalling moments in or the overarching story of your life. Our hope is that you will learn something about this type of writing, perhaps learn more about yourself and your writing style, and have fun. Should you choose to pursue this further for professional or legacy purposes, resources for continuing your inspiration will be provided at workshop end.

*"A lovely way to meet other survivors and to find
a special time in your week to learn about yourself via writing."*

*"Very worthwhile. The leaders and other participants were open hearted
and supportive. It was a very positive experience."*

Facilitated by:

Nancy Spiller

*Author, Memoirist & UCLA
Extension Writers' Program Instructor*

Rebecca Crane-Okada, PhD, RN, CNS, AOCN
Oncology Clinical Nurse Specialist & Program Manager

Dates: Tuesday, Sept 5, 12, 19, 26, 2023

Time: 6:30-8:00 pm **Location:** Zoom

**Attendance at all 4 sessions preferred.
Registration required.**

<https://psjhealth.zoom.us/j/92690820041>

After registering, you will receive a confirmation email containing information about joining the meeting.
For more information call (310)829-8950 or
email: rebecca.crane-okada@providence.org

