



# Life-Story Memoir Workshop with The Muse Writer Center

The Muse Writer Center is a group of artists that provide literary engagement, connecting residents with classic published works of a relatable nature, through reading and writing activities that stimulate minds and spark creativity. Among their programs are mindful Journaling. Journal writing class that incorporates stress-reduction techniques, art, movement, and music.

## Tuesday March 24

1 pm - 3 pm

The Arbors at  
Birchwood

3812 Virginia Beach  
Blvd  
Virginia Beach, VA

### Sponsored By:

