



Cultivating Gratitude: Creating Gratitude Journals



A Free, In-Person Workshop Presented by
Cancer Support Community Atlanta

Expressing gratitude is good for your health and it's backed by science. Explore the many proven benefits of creating and keeping a regular gratitude practice. Together, we will create a journal that is simple to use. Apply 5 easy steps to create the habit of maintaining a gratitude journal. We will examine this healthy gratitude habit and begin to experience the positive healing benefits through writing, discussion, and meditation. Breakfast will be provided.



Led by:

Jane Myers, OTR/L Registered Occupational Therapist

Friday, January 19, 10:30am–12:30pm
In-Person Only

We validate parking, so bring your ticket in with you. Our suite is located below the main lobby in Building 2. Register in advance for this program on our website at:

www.cscatlanta.org/calendar



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