

E. KINGSTON EDITION

"Heroism doesn't always happen in a burst of glory. Sometimes small triumphs and large hearts change the course of history." - Mary Roach



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Quick-Write Workshop

with Jen Dervan at EKPL

**"It is spring. And time to let go of them.
Let the closet billow with fresh air."**

- Laura Gilpin, Poet

Enjoy an introduction to the Quick-Write process - a technique that invites you to throw open the windows of your mind to make space for clarity and light. Using art, music and poetry as prompts, the Quick Writing process will engage the group in an exploration of their present state of mind. Walk away with an understanding of how to use this simple and enlightening practice each day for growth and enjoyment!

Thurs., 5/18, 6:30 - 7:30 pm
East Kingston Public Library
Bring Writing Notebook

Limited space available. Call EKPL at (603) 642-8333