

Writing, Visions, & Revisions:

Visual Journaling, Sacred Stories, & Personality Type

with Ruth Hamilton & Ann Loomis

Thursdays, Aug. 5- Sept. 9, 7-9 p.m., Durham, NC



August 5- Visual Journaling with Ruth Hamilton. Journal with colors and images to express emotions and intentions.

August 12- Writing from Navajo Sacred Stories with Ruth Hamilton. Work with Navajo creation stories and symbols to help you get in touch with what is most sacred to you.

August 19- Personality Type & the Writing Process with Ann Loomis. Discover your “best fit” personality type and how it influences your writing style.

August 26- Write from Your Type with Ann Loomis. Practice writing from your type to help break writer’s block and appeal to various audiences.

Sept. 2 – Capturing the Essence of your Travel Stories with Ruth Hamilton. Use your images and photos to create the stories of your travels, both past and future.

Sept. 9 – Creating Humor in Your Writing with Ruth Hamilton and Ann Loomis. Learn techniques to “humorize” your personal anecdotes and stories.

About the presenters: Ruth Hamilton is the Founder of Carolina Health & Humor Assoc., an educational humor service non-profit operating since 1986. She also is an Expressive Arts Counselor with Arts Can Heal. Ruth was editor of the Carolina Ha Ha newsletter until 2006 and is the editor of the book *Laugh Lines*. Ann Loomis is a writing consultant and author of *Write from the Start*, a workbook that links personality type and the writing process. She has twice served as president of the C.G. Jung Society of the Triangle. Ruth and Ann share an office at Health Touch in Durham, NC where they are available for private sessions.

Cost: \$150 for all six classes. Early bird: \$125 for all six classes if you register by July 22. Please send a check payable to Arts Can Heal, 3500 Westgate Dr., Suite 504, Durham, NC 27707. Location: The Health Touch Community Room is in Westgate Plaza near Target. Visit www.ArtsCanHeal.com for a map. For more information, email: Ruth@ArtsCanHeal.com or abloomis@bellsouth.net.