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**The markers of a life well lived are the stories told, retold, and re-experienced. Life story writing captures the priceless and the poignant, the truly memorable and the quirkily remembered, the historic and the unique. It leaves a legacy of living history for future generations and brings enjoyment, satisfaction and closure to the author.**

**Life writing classes decrease isolation, reawaken dormant interests, offer purposeful activity and hone cognitive skills. Your residents will love writing in a structured, facilitated group, hearing the stories of others, and experiencing the power of writing and sharing one’s own story with a listening audience.**

**Seniors learn to see themselves as part of a historical landscape that spans an entire century – and they are frequently awed at the way their individual lives have intersected…and mattered**.



***“This was my favorite experience of the last several years. I learned about myself and had such fun remembering the good times in my life. My children are thrilled with my writing! Meg was so kind and patient and helpful. This was really a wonderful class!”***

***Evelyn, 79***



**About the facilitator:**

**Meg Duggan has spent more than 25 years working with seniors in a variety of settings, including 18 years as the Executive Director of the Parkinson Foundation of the Heartland where she also designed programs and services. She has published several short stories and is currently working on a fictionalized account of her grandmother’s life, with an advance from a major publisher**.

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