

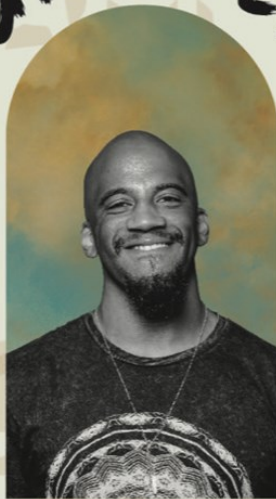
Perquimans County Center for Active Living

1072 Harvey Point Road

Hertford, NC 27944

CREATIVE

JOURNALING



with caleb

Looking to get in touch with your creative side?
Come join us **March 5th, 2024 12:30PM-3:30 PM**
for a 3 hour class on creative journaling and
how to add it to your daily life!



- > 12:30 - 12:45: Introduction
- > 12:45 - 1:30: Basics of Journaling
- > 1:30 - 1:40: Break
- > 1:40 - 2:30: Building your Book
- > 2:30 - 2:40: Break
- > 2:40 - 3:15: "First Letter to Self" Exercise
- > 3:15 - 3:30: Conclusion/Clean Up



** All programs and activities at this center are for Perquimans County Members only.*