

**FRIDAY
APRIL 28**



**3rd Annual Nova Manassas
Writing Conference**

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Katie Clare, Assistant Dean, GMU

Session 1: 10:00 am - 12pm

**Writing in Times of Pain,
Anxiety and Stress**

Are you feeling stress or anxiety? Come hear and experience how writing can help you overcome stress and lead you to a more peaceful, powerful, healthy YOU.



Cheryl Miehl, Teaching Artist

Session 2: 1:00 pm - 3pm

Visual Art Journaling

Visual art journaling is an exciting frontier for those wanting to combine art and words to express themselves. Supplies included!

FREE EVENT

REGISTRATION REQUIRED at:

bit.ly/novawriting2017 Lunch Included!

NOVA

**Northern Virginia
Community College**

Manassas Campus