



LAPIDUS SCOTLAND

Scribble in the Kibble **Writing for Health & Wellbeing** **in the Kibble Palace** **Glasgow Botanic Gardens**

Many people find using journals, poems and words helps them to understand and find new ways of coping with stress and illness. Lapidus Scotland offers writing workshops which are open to all abilities. They are mostly about 'getting things down on paper' and not worrying too much about spelling and grammar.

A useful way into writing can be through keeping a journal, as it can provide a private place to express thoughts and feelings.

In Writing for Health and Wellbeing we explore the ways in which words and writing can inspire and help us through difficult times and beyond.

Autumn to Winter workshops on Wednesdays

6th 13th 20th 27th Feb, 6th 13th March 2019

12:30 to 2:30pm

Further information and to book a place
email: lapidus.scotland.1@gmail.com



**Voluntary
Action Fund**

More than just money

