

Creative Expressions:
Journaling Workshops

Did you know journaling can improve your well-being? Express yourself in these FREE guided workshops.

Explore your identity, hopes, and experiences. Get creative in a safe space—no judgement here!

All supplies provided.

Registration is encouraged but not required.

Questions? Contact Nicolle Palicas, Health Education Coordinator, npalicas@carilionclinic.org

Tuesday, Nov. 10

3:30 – 4:30 pm

Thursday, Nov. 19

10:30 – 11:30 am

Melrose Plaza

Large Fitness Room

2502 Melrose Ave. NW

Roanoke, VA 24017

CARILION CLINIC
COMMUNITY HEALTH AND OUTREACH