

Writing and Reflecting in Nature

On **Friday October 28th from 1 to 3:30 pm** Grateful Steps publishing will co-sponsor a reflective nature writing workshop at the Asheville Botanical Gardens. This experiential program includes mindfulness meditation, spiritual intention and narrative psychology to create healing energetic connections with nature. Participants will learn first-hand how exposure to natural objects combined with reflective writing can enhance energy, problem-solving skills and spiritual awareness.



Leading the program will be Paula Hartman-Stein, Ph.D., an experienced psychotherapist & journalist, health educator, and creative writer. Dr. Paula has edited two books, published 100+ newspaper articles, multiple book chapters & academic journal articles plus a spiritual poem in an online journal, *Soul-Lit*. Seven years ago she and her husband fell in love with Asheville and now commute between Kent, Ohio and Asheville. Dr. Paula leads meditation and nature writing workshops for the public and provides training to healthcare providers on behavioral approaches to dementia care and holistic approaches to optimal aging.



The workshop fee is \$40, payable at the door. Pre-registration is required by writing to paula@centerforhealthyaging.com.