

Creating "Life's Journey" Books

When: Four sessions • Each Tuesday in April • 4 p.m. - 6 p.m.

Where: The Dempsey Center, 10 High Street, Lewiston

There are so many different aspects to one's life which have brought us to the present. Learn how to create a Life's Journey book that focuses on revisiting and documenting the positive experiences of your life beginning where ever you choose.

- Make friends
- Share stories
- Create
- Walk away with something your family will treasure

Presenters: Pat Poulin, RN and Tookie Bright, MSW Intern

Space is limited to five participants. Register Today!

To register please call **795-8250**
or toll-free **1-877-336-7287**



THE PATRICK DEMPSEY CENTER FOR

Cancer Hope & Healing

At Central Maine Medical Center

www.dempseycenter.org