



## Discover Balance

### ***"Writing at the Edges: Your Story Found and Told in Unlikely Ways"***

Wednesday, May 4, 10:00am - 12:00pm  
Wednesday, May 11, 10:00am - 12:00pm  
DWN HUB

DiscoveringWhat's Next® invites you to the two-session Discover Balance workshop, *"Writing at the Edges: Your Story Found and Told in Unlikely Ways"*, Wednesday, May 4, 10:00am - 12:00pm and Wednesday, May 11, 10:00am - 12:00pm, DWN HUB, Newton Cultural Center, 225 Nevada Street, Room #104, Newton, led by Kendall Dudley, MA. Attendance at both sessions is recommended, but not required.

In these workshops you'll experience the creative process involved in writing your life story. Through writing bites, pictures, objects, food, paint, clothing and music, your memory and writing will grow in powerful, unusual ways. Experiments with voice, tense, flashbacks, timelines, word blasts, journaling and story structure will liberate your writing by letting you take creative risks. You'll get to write, read, have structure, homework and umph! Plus, you'll have the chance to extend this writing program into the summer and publish a group book. Please bring 3 objects to the workshops that will help you tell your life story.

Kendall Dudley, MA, has been teaching life story, journal writing, art journaling and programs in life direction for 20 years at the Cambridge Center for Adult Education, Tufts and Harvard Universities and Pendle Hill. He also presents on these topics at national conferences and won a Massachusetts Cultural Council grant in 2010. Kendall is currently working on a book *"Writing At The Edges."* For more information on Kendall, see his website at [www.kendalldudley.com](http://www.kendalldudley.com).

Fee for each workshop is \$5.00 payable at the door. Kindly pre-register for these programs by email to [info@discoveringwhatsnext.com](mailto:info@discoveringwhatsnext.com) or phone 617-467-5438.