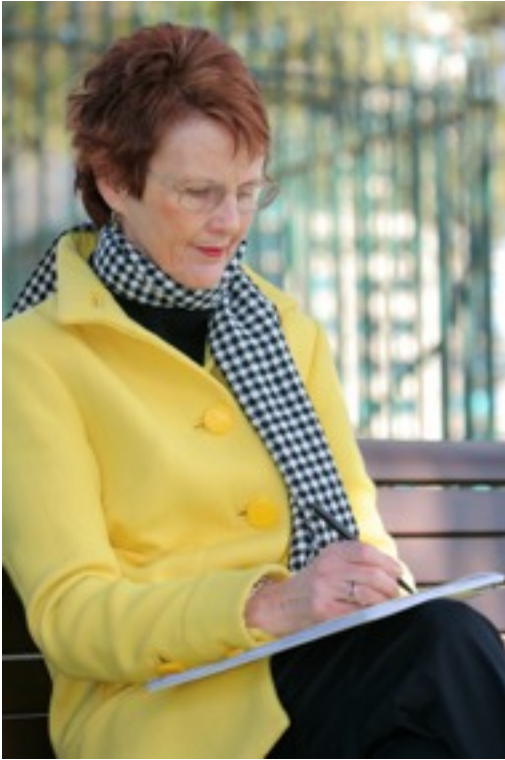


Mind-Body Health Writing Workshop Series

with **Dr. Abby Caplin**

To Register Call: 415-255-9981

Class Location: BookShop West Portal. 80 West Portal Avenue, San Francisco, CA 94127



For people with chronic health conditions

If you are living with illness or health challenges and would like to be more proactive in your healing, please join us!

- **Connect with others**
- **Engage life-affirming methods using the power of the pen**
- **Explore your experiences with an accepting group of people**
- **Spark your creativity!**

Dr. Abby Caplin will guide you through a process of reflection, writing and optional sharing. Just come with an open mind and notebook.

Five Sunday Evenings 7:00-8:30 PM

September 12, 19, 26 and October 3, 10, 2010

Workshop Series Fee: \$145

Sign up early - space is limited!

Call to register: 415-255-9981

Email: abby@abbycaplinmd.com



Abby Caplin, MD, MA practices mind-body medicine and counseling in San Francisco. She helps people living with chronic illness lead empowered and vibrant lives.

www.abbycaplinmd.com