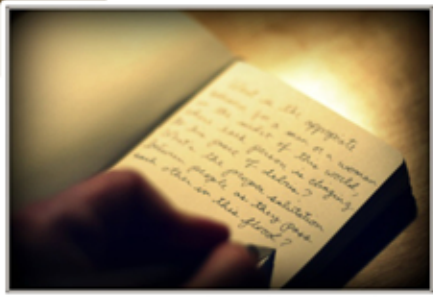


IMPROVE YOUR HEALTH THROUGH WRITING



BROWNBAG LUNCH SERIES
NOON TO 1:00 P.M.
AT THE
LONDON CENTER ON AGING,
ROOM 200

OCTOBER 7, 2009 (WEDNESDAY)

Presenter: Maril Crabtree, Author

It has been proven that expressing your thoughts and feelings in writing can help you benefit from:

- Improved immune system function
- Decreased levels of stress
- Better coping with trauma or past emotional experiences
- Increased attention span and memory capacity
- Longer lasting relationships
- Less worrying and anxiety

And much more!

Learn more and try some “no-stress” writing exercises led by Maril Crabtree, local author.

<http://www2.kumc.edu/coa>

Call Matt Chandler at 913-588-3094 to Register.



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