



YOUR FREE TICKET TO A SHARPER MIND

FREE CLASSES
FOR ACTIVE OLDER ADULTS

**Ageless Words:
Writing the Poetry of Experience
with John Allen Cann**

In a comfortable and supportive atmosphere, come write from what you know best---your own life---giving it voice through writing exercises which will provide easy and imaginative means to explore and express your own experience.

Starting Feb. 11 for 6 Thursdays, 1:00-2:00pm

Belle Coolegge Community Center
5699 S. Land Park Dr.

PRE-REGISTRATION ENCOURAGED. DROP-INS WELCOME!

**For more information contact (916) 808-1590 or
www.sacmetroarts.org/other-programs-and-resources.html**

Brought to you by the Sacramento Metropolitan Arts Commission and Sacramento Department of Parks & Recreation, Older Adult Services Section