



Everyone Has a Story

# GUIDED AUTOBIOGRAPHY

Clubhouse 2 Grevillea Room  
Mondays, Jan. 15 - Mar. 4\*

Guided Autobiography was developed from decades of research by Dr. James Birren, a pioneer in the field of gerontology and healthy aging. This proven process guides you through reflecting, writing, sharing and preserving your life stories and experiences, and allows you to reflect on the most significant moments and lessons of your life and gives you a strong sense of direction and purpose. Connect your past, present and future by exploring your memories and writing your stories. If you have been looking for the inspiration and structure to write your life stories, this is the class!

For more information, check out a free preview class in the Laguna Woods Village Community Center Elm Room (24351 El Toro Road) on January 8 from 11 a.m. to noon.

\*No class on Presidents Day (Feb. 19). Register in the Recreation or Clubhouse 2 office.  
Class fee is \$185. Credit/debit card fees apply.

Certified instructor Sheri Kohlmann has been teaching guided autobiography classes and facilitating legacy journey workshops in Laguna Woods Village since 2011.

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