

"Well run. Informative and very helpful.
Take home material is awesome!"
- Previous Workshop Participant

Group & At-Home Reminiscence

Reminiscing Workshop

Monthly educational program for assisted living facilities, groups and at-home adults. Participants attend live, by Web or phone, or view the recorded session if unable to attend.

- > **Premieres January 2012.**
- > **60-Day Complimentary Trial.**



"To tell my experiences and have them appreciated and understood...and enjoy stories told by other members...I enjoyed the whole workshop...make it longer."
- Previous Workshop Participant



Life Story Workshop is located at 129 S. Dixie Way (State Rd. 933) in Roseland, just 1/4 mile north of Exit 77 off the US 80/90 Toll Road.

Join our **reMembers Club** mail list and enjoy **Free Coffee Fridays**

Life Story Workshop

It's Worth Remembering

Phone: 1-800.428.0552
Fax: 1-800.428.0552

129 S. Dixie Way, South Bend, IN 46637
www.LifeStoryWorkshop.org



*Life must be lived forward,
but it can only be
understood backwards.*

Write the story of your
life; for family, friends
...or just for you alone.

• **Guided Autobiography** In-person + Live Web workshops:

- *Basic Life Story*
- *Veterans & Active Military Life Story*
- *Spiritual Life Story*
- *Business Ethics, Wellness & Life Story*
- *Illness and My Life (for patients)*
- *Illness Narratives in Health Care*
(life review training for doctors, nurses,
social workers, military chaplains)

129 S. Dixie Way, South Bend
1-800-428-0552

- **Self Study Autobiography**
- **Assisted Living & At-Home
Reminiscence Program**

Life Story
Workshop™

"Professor Bottita has taken a challenging subject which I expected to be dry and spiced it up to make it interesting. As a student, veteran, father, husband, and soldier, I was pleased to observe the professor challenge young students to think more deeply about their lives. His level of professionalism is a credit to the university and department...Great job!"
 - Communication program student, Indiana University South Bend

In-Person Workshop

South Bend, Indiana



In-person, live hands-on fun that is also educational and rewarding. Our flagship Life Story Workshop includes 1) Group Lecture; 2) Story-Sharing; 3) Individual Reflection & Writing; 4) Instructor Feedback & Peer Interaction. *Join us for the story of your life.*

Can't make it to us?

We can offer our workshops at your facility.
 Call us to discuss your needs: 800-428-0552.

Online Workshop

LifeStoryWorkshop.org
 MilitaryWorkshops.com



Our online workshops recreate the warmth and productivity of our in-person workshops. Here's what you'll find in our Web workshops: group lecture; story-sharing; individual reflection and writing; instructor feedback and participant interaction (*all the ingredients of our In-Person workshops, except you provide the coffee!*) **Begin your journey from the comfort of your home or library.**

Some benefits of joining our workshops:

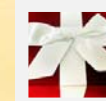
- | | |
|--------------------|------------|
| Guidance | Catharsis |
| Identification | Insight |
| Family perspective | Hope |
| Meaning | Friendship |



Self Study Program

Via U.S. Mail or Web

Write your life story in our 8-week self study program. Access online, by U.S. Mail or both...great for assisting distant parents or grandparents. With our top-rate life story materials and support, you'll feel like you're at a live Life Story Workshop. Each week, for 8 weeks, you receive a new life topic online or by U.S. Mail (or both). Also watch the slide lecture, use the support ticket system and materials, and drop in on the Discussion Forum to see what others are doing with their life stories.



Great Gift Ideas!
 Coming Christmas 2011

YOUR MILITARY LIFE,
 Your Civilian Life.

A Life Story Workbook for the
 Soldier, Sailor, Airman, Marine, Veteran



"These workshops provide structure --life review is useful to those hoping to more fully understand the meaning of their lives, or to help them live their future lives in more meaningful ways" - Senior Life newspaper