



Laguna Woods Village®



GUIDED AUTOBIOGRAPHY WRITING CLASS

COMMUNITY CENTER ELM ROOM

Thursdays, March 21 through May 9 • 6:30 to 9 p.m.

FREE PREVIEW: Thursday, March 14 • 7 to 8 p.m.

\$149 for 8 sessions

Write your life story, two pages at a time.

The Recreation Department is proud to present Guided Autobiography with instructor, Sheri Kohlmann. This popular eight-week class is designed to assist individuals in recalling, organizing and sharing their life stories and experiences. Connect your past, present and future by exploring your memories and documenting your life stories and experiences. This deeply meaningful process allows you to reflect on significant events and lessons, and gives you a strong sense of direction and purpose.



Sheri Kohlmann has been teaching guided autobiography classes and facilitating Legacy Journey™ workshops in Laguna Woods Village since 2009. She is Certified LifeSAGEr™ with Celebrations of Life,™ a Certified Guided Autobiography Instructor with the Birren Institute and a personal legacy coach. As owner of More Than Words, Inc., Sheri assists individuals, families, communities, nonprofits and estate planning professionals in getting to the “heart of the matter” by expressing what matters most in life and sharing it with their loved ones and future generations.

**Sign up for classes today in the Recreation Office.
For more information, contact Recreation at
949-597-4273 or recreation@vmsinc.org**