

A memory book tells the story of who we are and the people who matter most to us. Photos, text, illustrations, captions, and mementos can be included in memory books. In this class, we will create a book that captures the special occasions in your life.

Listed below are some basic requirements for this class:

- You must purchase your own book. When you sign up for the class, we will make suggestions regarding the type and size of the book needed.
- Each week we will focus on a different area – family, vacations, friends, our family here at the Wellness Center, hobbies, things that make you happy.
- When creating, we recommend using copies of photos and save your originals.
- We will provide materials such as paper, glue, cut-outs, and stickers. Feel free to purchase extra materials for your memory book.
- Remember that the more you bring to class to build your memory book, the more you'll get out of this class.

Dates: Wednesdays (8/17, 8/24, 8/31, 9/7, 9/14, 9/21)

Time: 6:00 – 7:00 p.m.

Location: Mr. and Mrs. Theodore P. Desloge, Jr. Outpatient Center,
Building A, Conference rooms 1 & 2

Cost: \$25

Instructor: Stacey Laughlin, LMSW and Melissa Taylor, LCSW

Class Size: 20

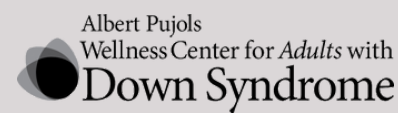
To sign up, please email stacey.laughlin@stlukes-stl.com Registration is confirmed in the order that your email is received. Payment is expected no later than the end of the first week of classes. To pay by check, send payment to the address below. To pay with a credit card, call 314-576-2300.

Our classes and programs are designed to INSPIRE:

Instruction
Nutrition
Safety
Peers
Interpersonal
Relations
Exercise

Important Notes

- All clients signing up for a class must show proof of COVID-19 vaccination.
- If you need to cancel your registration, please let us know in within the first week.
- The Wellness Center is located in the Mr. and Mrs. Theodore P. Desloge, Jr. Outpatient Center.



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