



CITY OF  
**ARROYO GRANDE**  
CALIFORNIA

**PRESS RELEASE**

Thursday, January 12, 2017

**CITY OF ARROYO GRANDE RECREATION SERVICES DEPARTMENT'S  
WRITING FROM LIFE**

Do you have a story to tell? The City of Arroyo Grande Recreation Services Department is offering a Writing From Life class. In this class, you will hone your writing skills while working on your life story, short stories, poetry, prose or journaling. Instructor Gayle Cuddy encourages students to let their ideas flow freely and break through any blocks they may have. There will also be some “right brain” exercises given to help in this process. Gayle teaches writing classes in the area and is a former columnist for a local newspaper.

The first session will run from January 25<sup>th</sup> – March 15<sup>th</sup>, and the second session will run from April 5<sup>th</sup> – May 28<sup>th</sup>. Both sessions will take place on Wednesdays from 2:00 – 4:00 p.m. at the Ocean Oaks Condominiums, located at 579 Camino Mercado in Arroyo Grande. The cost is \$68 per session. Registration is available online at [www.arroyogrande.org](http://www.arroyogrande.org) or in person at the Arroyo Grande Recreation Services Department Office at 1221 Ash Street in Arroyo Grande. For more information, contact the Recreation Services Department Office at 473-5474.

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