WELLNESS FROM WITHIN

This course explores mental, spiritual, and physical health and wellness through interactive discussion, brief meditation, creative writing, reading aloud, and plenty of humor. The workshops explore universal human issues while offering valuable techniques for enhancing both written and oral communication. Classes are low-tech, focusing on meaningful interaction, and a satisfying shared experience. Topics include managing stress, creative self-expression, the power of words, the value of self-care, adapting to change, and establishing healthy boundaries.

YOUR INSTRUCTOR: Mónica Gómez

Mónica E. Gómez has made her living with words as a writer, songwriter, teacher, broadcast journalist, and voice talent. Her writing appears in numerous anthologies including Red Boots & Attitude: The Spirit of Texas Women Writers and The New York Times 2020 on-line edition. In her hometown of El Paso, Texas, she hosted NPR’s State of the Arts and moderated National Issues Forums for the local PBS station. As a performing songwriter she released three CDs and presented performances and workshops through the Texas Commission on the Arts and other state and regional arts agencies. Distilled from years of work with diverse populations, Gómez’s creative writing workbook, EXPRESSERCIZE: Write Answers contains more than 100 exercises in expression and self-discovery. Gómez’s workshops integrate diverse forms of inspiration and highlight the literal creative power of writing.

TUESDAYS, OCTOBER 8 THROUGH NOVEMBER 12

11am AK | Noon PT | 1pm MT | 2pm CT | 3pm ET

Each session is 90 minutes

- Live Lecture 1, Tuesday, October 8
- Live Lecture 2, Tuesday, October 15
- Live Lecture 3, Tuesday, October 22
- Live Lecture 4, Tuesday, October 29
- Live Lecture 5, Tuesday, November 5
- Live Lecture 6, Tuesday, November 12

For more information:
Call OLLI at (915) 747-6280 or via email at olli@utep.edu