



DEPARTMENT OF PARKS AND RECREATION

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FOR IMMEDIATE RELEASE

Special writing class helps seniors create written legacies for their loved ones and future generations

Sacramento, California, April 10, 2009—Over their lifetime, seniors collect untold memories, experience history-making moments, and serve as the keepsakes of important family traditions. For the past 15 years, the Hart Senior Center's **Life History Writing** course has given seniors the tools that allow them to capture their life stories in order to share them with loved ones and future generations.

Seniors who take the Life History Writing course are introduced to different writing styles, taught story development techniques, and shown how to write from memory. The class is available throughout the year at the Hart Senior Center on Tuesdays from 9:30 a.m. – 11 a.m.

Residents interested in taking the class will be happy to know that later this month, the Hart Senior Center and Cosumnes River College will jointly host the "*Our Life Stories Conference*" for seniors and all others wanting to learn about life history writing and other forms of writing. Each of the conference's workshops will be led by recognized writers such as Julia Conner, Sacramento's current Poet Laureate. The *Our Life Stories Conference* will take place at Cosumnes River College on Saturday, April 25th, from 8 a.m. – 4:30 p.m. The deadline for registration is April 17th.

Residents who wish to obtain more information about the Life History Writing course or the upcoming conference should contact the Hart Senior Center at (916) 808-5462.

Media-related inquiries can be forwarded to Hindolo Brima, Media and Communications Specialist, Department of Parks and Recreation, at (916) 808-5972.

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