**A Journaling Series** 

## Renew & Rejuvenate **Manifesting Intentions** for the Year Ahead

Facilitated by Melody Jones

Embrace the new year with a sense of renewal in our inspirational 6-week journaling series. Reflective writing is a powerful yet gentle tool for self-discovery. Bring a notebook and favorite writing tool.

Thursday Evenings 6 - 7:30 p.m. Jan. 9-30 and Feb. 6-13, 2025

Book Your Spot Now Space Limited







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## **About Melody Jones**



## Melody Jones loves to write!

She's a published author and poet, speaker, crafter, coffee enthusiast, lover of beagles, and Colorado native raised in Palisade.

After a 20-year career in social work where she facilitated therapeutic groups (and so much more - ask her sometime!), Melody moved into the world of writing.

Her work was published in Stories

Gathered at the Kitchen Table and to
her great delight, she won First Place
in the 2022 Mesa County Libraries
Poetry Contest. She is currently the
President of the Western Colorado
Writers' Forum.



Find out more about Melody at MelodyJonesAuthor.com.