2022 FALL
WORKSHOP SERIES

Intro to Bullet Journaling

Join Cassandra for an introduction to bullet journaling! Part planner, diary, notebook, and art therapy, bullet journals offer a way for us to organize our life, be ourselves, meet our goals, decrease stress, and keep everything in one place! No matter what you need, bullet journaling is perfect for you. You can make your journal into anything that you want and that is what makes them so great.

In this workshop you’ll receive a bullet journal and materials to help you get started. You’ll learn how to set up your journal, how to create monthly spreads, how to design trackers, and how to make the most of this new hobby. With a bullet journal you can track your health habits, take notes, doodle, make art, log workouts, make lists, keep a gratitude log, plan trips, create budget or savings trackers, and much more!

No experience or skills required. All materials will be provided.

Instructor Bio: Hello! My name is Cassandra and I’m a Pelvic Physical Therapist and Certified Women's Health Coach that loves all things wellness, yoga, fiber arts, and travel. My passion for women's health and my experience with anxiety and nutrition slowly merged together as I built my business, All About That Breath. I now treat women more holistically and help them make intentional lifestyle changes to prioritize their health and reduce stress.

I enjoy teaching yoga and meditation, needle felting, knitting, bullet journaling, reading, baking, minimalism, and traveling with my husband.

Saturday,
September 10th
11A-1P

Instructor:
Cassandra Sharp

Max Enrollment:
15

Cost:
$45

To register online:
https://commerce.cashnet.com/oucconted

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