

Writers Guild of VA and RAL Art Center
Press Release September 23, 2024

October 12 Event at RAL Art Center Features Author/Educator Ann Eichenmuller on Writing for Physical and Emotional Health

RAL Art Center and the Writers Guild of Virginia are continuing their Second Saturday Social Series on October 12 from 5-7 PM with food, live music, books to browse, and a workshop with featured speaker Ann Eichenmuller, author of *The Writing RX*, a researched guide on the positive effects of expressive writing on physical and mental health. Eichenmuller will discuss different types of writing that have been proven effective in reducing blood pressure, relieving anxiety, and promoting healing. She will introduce participants to sample activities from her book and workbook, followed by a Q & A session and time to browse books and meet and greet local authors.

Eichenmuller, who has spent more than 30 years as an educator, is the recipient of the Washington Post's Agnes Meyer Award for Excellence in Education. She has also enjoyed a decade-long second career as an award-winning author and marine and travel journalist, writing for a variety of magazines including *Chesapeake Bay Magazine*, *All at Sea*, *Motorhome*, and *RV Magazine*. Her books include a four-volume mystery series beginning with *Kind Lies*, published in 2017, *Foo's Way Home*, a children's book, and *The Writing Rx* book and workbook, as well as *There When Needed*, a history of Smith Point Sea Rescue.

The Second Saturday Socials are free events created to give a voice to the literary arts in the Northern Neck and to encourage creative conversations and community. They are open to the public and held in the beautiful RAL Art Center gallery at 19 N. Main Street, Kilmarnock, VA. RAL Art Center doors open at 5 PM with light refreshments, wine, live music with Eric & Cindy, and lively conversation. The evening's program begins at 5:45 PM and runs until 6:30, followed by time to socialize, browse books, and talk one-on-one with the featured speaker.

For more information, go to writersguildva.com or the Writers Guild of Virginia Facebook page.