

You are invited to
“SHIFTPOETRY™ Honors Breast Cancer Awareness Month”

a special Zoom workshop co-hosted by Barbara Ligeti, Howard Kern and Susan Cambigue Tracey, a breast cancer survivor and member of the ShiftPoetry community.

Tuesday, October 20th at 1:30 to 3:30 PDT and 4:30 to 6:30 EDT.

This event is free of charge.

**To enroll, text your name and email address to 310-800-0440
or email your RSVP to info@ShiftPoetry.com.**

“Cancer is certainly a wake-up call!
Live every moment fully – without fear, sadness, anger, regret!
That’s what cancer did for me –
A tedious journey to wake me up!”
Excerpted from “*Cancer – Wake up to Living*” by Susan Cambigue Tracey
[To read the entire poem, [click here.](#)]



If you’ve had cancer, if you have it, if someone you care for has it, or if it is simply a concern for you, join us on Zoom for this life-affirming workshop.

SHIFTPOETRY™ is a prompt driven workshop series for improving your state of mind through writing spontaneously. It is an exercise in self-reflection, self-expression, and self-healing in order to free the mind, confront one’s emotions and promote a feeling of personal well-being. ShiftPoetry is not a writing tutorial, it is a self-help system, a method of personal expression, and a coping aid. Created by Barbara Ligeti and Howard Kern, the goal is to help participants find greater personal understanding and emotional healing – to write yourself from dark to light, one stanza at a time.

For further information go to: www.ShiftPoetry.com or
Call or text Barbara Ligeti @ 310-800-0440