LINK TO CONWAY DAILY SUN NEWSPAPER ARTICLE

<https://www.conwaydailysun.com/to_your_health/anne-sirois-find-more-joy-less-stress-through-guided-journaling/article_fbf0ea5c-ccd3-11ed-84fc-6f6a5e264be5.html?utm_medium=social&utm_source=email&utm_campaign=user-share>