

## Wellness: Found Poetry – Piecing it Together

Instructor Name: Kenny Idleman

Instructor Email: kidleman2024@coloradocollege.edu

## **Supplies:**

The following supplies are just suggested favorite products of mine, but I suggest just hitting your local bookstore and picking a nice journal and pen! You simply need your preferred method of writing. I realize that might look different to everybody, and accept any writing medium, so long as it does not interfere with other students' learning!

Feel free to bring any physical text (books, magazines, printed out lines, packaging, ANYTHING) that resonates with you and you won't mind cutting up!

Notebook \$12

Pen \$2

Total estimated cost \$14

Please email the instructor with any questions regarding supplies.

In case you are unable to attend class, consider purchasing supplies that are returnable.