



Create Your Space

Did you ever feel so passionate about something that you burst at the seams waiting to share it with others? Did you know that you can create a space in which you can share your feelings, struggles, triumphs and strengths? It's called **blogging**. Let me share how easy it is to set up your very own blog! First, go to www.blogger.com and select "new blog" in the top left corner of the home page. From there, you'll be prompted to enter a title for your blog in the headline box. Next, choose a blog address or URL so that readers can find you. Once you click "create blog", you will be an official blogger!

Have you checked out my blog? My blog entries are about some of the experiences that I've been through, both good and bad. They are not only there to express my feelings, but also to teach you something. For example, some of my blogs cover different therapy programs that I've tried. Here are a few that you can check out:

- ★ [Project Walk vs. Beyond Therapy](#)
- ★ [Hippotherapy](#)
- ★ [Aquatic Therapy](#)
- ★ [Driving](#)

Therapies aren't the only thing I blog about. In another blog, I talk about Social Security benefits and how they may help my readers: [Keeping your Benefits](#). I hope you'll take a minute to check them out!

The beauty of blogging is that YOU are in the driver's seat. Mix it up! As I said, it's your chance to share your feelings, experiences, and challenges. I have been writing my blogs once a week for about a year. My hope is that you will enjoy them and learn something from them at the same time!