

# José A. Pérez

## Healing Rhythms: How I Used Poetry to Survive 20 Years in Prison

José A. Pérez explores the power of poetry as a means of survival and healing during a 20-year prison sentence he began as a 16-year-old.



Syracuse Central Library  
447 S Salina St. and  
via Zoom



Monday, Sept. 11, 2023  
12:00-1:30 p.m.

CART service will be provided



**REGISTER FOR PUBLIC TALK:** <https://tinyurl.com/3n525vfw>

**EVENT WORKSHOP:** Jose A. Perez will also offer a workshop titled "Healing Rhythms: A Workshop on Writing" on Tuesday, September 12th from 11 a.m. -12:20 p.m., in Tolley Hall 304 at Syracuse University. Space is limited; please RSVP to Patrick W. Berry at [pwberry@syr.edu](mailto:pwberry@syr.edu) by September 1st. Include any requests for accessibility accommodations.

These events are supported by the Central New York Humanities Corridor, Humanities New York, the Center for Community Alternatives, the Engaged Humanities Network, and the Humanities Center.



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