

HARMONY IN RHYTHM

An innovative program for
music-based wellness



- * Strengthen immune system
- * Improve mood
- * Improve circulation
- * Reduce stress
- * Stimulate brain functions

6 week session begins Monday, November 2, 2009 7-8:00 pm
For adults with developmental disabilities
Cost is \$90

At a recent Harmony in Rhythm event:

- * 100% of participants reported a decrease in stress levels
- * 86% of participants reported an increase in energy levels

What to expect at a Harmony in Rhythm event:

Mimi Sinclair, board-certified music therapist, will facilitate interactive rhythm-based experiences designed especially for your group needs. Instruments are provided by Music Therapy Services. ***No previous musical or drumming experience is required!***

To register contact:
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Director, Music Therapy Services
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