

HARMONY IN RHYTHM

BEAT THE STRESS!



- * Improve your mood
- * Strengthen your immune system
- * Reduce your stress
- * Have fun

Feeling stressed?
The traditional approaches haven't helped?

Come experience the power of the drum for healing.

Harmony in Rhythm is a six-week program proven to reverse the effects of stress and improve your physical, mental, and spiritual well-being. Weekly one-hour sessions are designed to help you unwind, have fun, and learn relaxation techniques that can be done on your own.

No previous drumming experience required. Drums are provided, but you're welcome to bring your own if you prefer. For adults only.

SECTION 1: Thursday evenings, 7-8:00 pm	June 4 - July 9	\$90
SECTION 2: Monday evenings, 7-8:00 pm	June 22-August 3	\$90
SECTION 3: Thursday evenings, 7-8:00 pm	July 23-August 27	\$90

ADVANCE REGISTRATION REQUIRED.

SPACE IS LIMITED!

CONVENIENTLY LOCATED MINUTES OFF I-275 IN ANDERSON TOWNSHIP

Music Therapy Services
Mimi Sinclair, Music Therapist-Board Certified
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