

Music ToGather

A music therapy-based experiential group for Neurological Disorders and their Caregivers. Connect through making music and intentional reflection.

Music ToGather is a collaborative music making group that builds relationships and creates community. Music will create a container for mind-body awareness. We'll examine how we can use music to establish connection and creatively hear and see each other in new ways.

A weekly music group can:

- decrease felt stress
- connect with others
- improve motor control

When:

Every Wednesday (1 time a week for 4-6 weeks)
10:00 A.M. – 11:00 A.M.

Instructed by:

Betsey Zenk Nuseibeh, MM, MEd, MT-BC
Christina Weber, MT-BC

No referral or experience required.

Classes specifically designed for patients with Neurological Disorders and their Caregivers.

This class is at no cost to patients and their caregivers due to the generous support of the *Harold G Schott Foundation*.

Where:

In light of the COVID-19 pandemic, this class will be taught virtually thru Microsoft Teams. We welcome you to participate in the comfort of your own home.

Participants must have a UC Health MyChart account to participate.

Reserve your spot today by calling 513-475-9567(WLNS)

For more information on all UC Health Integrative Medicine Services visit uhealth.com/integrative.