

MUSIC THERAPY CLASS:

WELLNESS IN TUNE

As we approach the end of the week, our hearts and minds race with thoughts of completion, new beginnings, plans and to-do lists. It is hard, if not impossible, to stop the chatter.

WHAT:

Wellness In Tune: a music therapy class

Join us to experience wellbeing with music. Music is the only creative art form that simultaneously engages every part of the brain. If we are willing to listen, it can help us tune in to what is important—our connections with ourselves and with each other.

Through intentional listening we will:

- Breathe deeper, finding regulation and balance.
- Learn to hear our body's harmonies and discord.
- Create playlists that lead us to greater harmony.

You can use your new musical skills:

- To energize your morning.
- During those chaotic commutes.
- Dancing at dinnertime.
- Calming at nighttime.

WHEN:

Wellness In Tune is 4:30 p.m. to 5:15 p.m. every Thursday
Instructed by Liz Novak, MT-BC

WHERE:

Please click link below on Thursdays at 4:30 p.m. to join the meeting.