

Music And Wellness

dance | sing | drum | strum | play | perform

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WHO WE ARE

Music and Wellness is a music enrichment program dedicated to improving lives through musical expression, movement with dance, and singing.

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WHAT WE DO

Through the use of music, movement, and song we increase the natural production of endorphins. We utilize musical instruments, both electric and acoustic and well as our own bodies to create music and sound.

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BENEFITS

- **Positive changes in mood and emotional states**
 - **Awareness of self and environment**
 - **Anxiety and stress reduction**
- **Non-pharmacological management of pain and discomfort**
 - **Interpersonal relationship develops with the client and the facilitator causing opportunities for increased self-expression**

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