



DRUM EMPOWERMENT WORKSHOP:

For Wellness and Stress Reduction

Tuesday, July 12

12-1 PM

Experience the power of music to help you lower stress, increase relaxation skills, build interpersonal support, and discover your personal rhythm. In this workshop, you will use drums to express yourself by engaging in an evidence-based program to increase overall wellness.

Limited number of spaces available (up to 8). Arrive up to 30 minutes prior to start time to sign up at front desk.

*** No musical experience necessary. Drums provided.**

