

Institute for Music and Neurologic Function Community Wellness Series



Come join us for a **Free Workshop** on

Music and Exercise

Tuesday, May 10, 2011, 3:00 p.m. - 4:00 p.m.

Beth Abraham Health Services
612 Allerton Avenue, Bronx, NY 10467

Presenter: Susan Berkowitz
IMNF Music Therapist



Everyone knows that exercise is good for you. But did you know that music can make exercise easier and more enjoyable? In fact, research has shown that people exercise stronger and longer to music. In this workshop you will find out why and learn how to create your own exercise program using the music that you love. Come find out how to move to your own groove to get the most out of your workout or rehabilitation. For more information, visit our website at www.imnf.org.

Contact us for more information.
Space is limited. Please call us now to
reserve your space.

718-519-5840
imnf@bethabe.org

The Institute for Music and Neurologic Function's **Community Wellness Series** will be held every Tuesday from 3:00 p.m. - 4:00 p.m. The following is a list of our upcoming workshops:

- May 17** Community Wellness Gospel Sing-a-long
- May 24** Drumming and Wellness
- June 7** Music-Assisted Stress Management and Self-Care
- June 14** Music and Exercise

INSTITUTE FOR MUSIC AND NEUROLOGIC FUNCTION

A Member of the Beth Abraham Family of Health Services

