

# Institute for Music and Neurologic Function Community Wellness Series

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

## Music-Assisted Stress Management and Self-Care

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

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

**Presenter: Benedikte B. Scheiby, MA, MEd, CMT, DPMT, LCAT**  
Director of Music Therapy Intern Training and Supervision

Research has demonstrated that a variety of music-assisted relaxation approaches are effective not only for people requiring rehabilitation, but for everyone needing stress relief. In this workshop, you will learn how you can alleviate your stress through self-help techniques and specific active interventions that involve music. To learn more, visit our website at [www.imnf.org](http://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](mailto: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 10** Music and Exercise
- May 17** Community Wellness Gospel Sing-a-long
- May 24** Drumming and Wellness

**INSTITUTE FOR MUSIC AND NEUROLOGIC FUNCTION**

*A Member of the Beth Abraham Family of Health Services*

