

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, June 7, 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.

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:

- June 14** Music and Exercise
- June 21** Community Wellness Gospel Sing-a-long
- June 28** Drumming and Wellness

INSTITUTE FOR MUSIC AND NEUROLOGIC FUNCTION

A Member of the Beth Abraham Family of Health Services

