



# Institute for Music and Neurologic Function (IMNF) Community Wellness Series

## Welcome back! Thinking about your New Year's Resolutions? Think IMNF!

Come join music therapists at the IMNF for **FREE Weekly Tuesday Wellness Programs** every Tuesday from 3-4 pm starting this **January 10.**

Here's what some of your neighbors said about their experience:

- "Happy that I came, realized I can do more"
- "It calmed my body and spirit, relaxing me. I am always smiling after the musical groups. Thank you!"
- "I enjoyed the session a lot"
- "I was able to laugh, enjoy and relax"

Contact us for more information. **SPACE IS LIMITED.** Please call us now to reserve your space.

**718-519-5840**  
**imnf@bethabe.org**

**INSTITUTE FOR MUSIC AND NEUROLOGIC FUNCTION**

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

## Schedule

Date	Time	Program
1/3/2012	3-4 PM	***NO SESSION***
1/10/2012	3-4 PM	Music-assisted Yoga and Musical Meditation
1/17/2012	3-4 PM	Music and Exercise
1/24/2012	3-4 PM	Community Gospel Sing-along
1/31/2012	3-4 PM	Drumming and Wellness
2/7/2012	3-4 PM	Music-assisted Yoga and Musical Meditation
2/14/2012	3-4 PM	Music and Exercise
2/21/2012	3-4 PM	Community Gospel Sing-along
2/28/2012	3-4 PM	Drumming and Wellness
3/6/2012	3-4 PM	Special Musical Program with Carnegie Hall musicians <i>*Open to Bronx community and Beth Abe family, friends and residents</i>
3/13/2012	3-4 PM	Music-assisted Yoga and Musical Meditation
3/20/2012	3-4 PM	Community Gospel Sing-along
3/27/2012	3-4 PM	Drumming and Wellness

**WELLNESS SESSIONS CONTINUE THROUGH JUNE 2012 – Look out for our continuing program line-up in March.**