



MUSIC WELLNESS PROGRAMS

These series will focus on a variety of music-based experiences such as music and imagery, breath work and humming, chant singing, and percussion playing which are designed to increase overall well-being. Music has been found to calm the nervous system, create feelings of unity with others, and relieve stress. All are welcome—participants don't have to be musical or play an instrument.

Expressive Program

WHEN: Every Wednesday from 1:30 to 2:30 PM

Beginning May 10, 2023

WHERE: Conference Room B in the Center Building

This workshop will focus on imagery, chant singing, and percussion experiences.

Receptive Program

WHEN: Every Friday from 1:30 to 2:30 PM

Beginning May 12, 2023

WHERE: Conference Room B in the Center Building

This workshop will focus on imagery, meditative practices, and relaxation.

**For more information, please contact
Pamela Handelsman, PsyD at 215-214-3940.**

These programs are open to all patients, and no registration is needed.

