

HEALTHY



ALTERNATIVES

DRUM4HEALTH

Part of University Express, sponsored by Erie County Senior Services.

*with Carolyn Zimmermann
Heart Rhythms Drum Circle*

Introduction to magic, fun and healing power of recreational music making. No skill required, and appropriate for all fitness levels.

The program offers a unique activity with proven health-promoting strategies including self expression, group support, creativity, and wellness through group music making.

Class is limited to 25 participants.

Registration required—please call or visit the Library to save your spot today.

Class will last two hours.

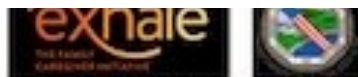
Eden Library

2901 E Church St Eden, NY 14057

Thursday, May 16, 2024

2:00 p.m.

THROUGH



HEALING ARTS