Be the Beat
Be Well UC Open Drumming Circle

Presented by Amy Dennison
Health Rhythms Trained Facilitator
Program Manager, CCM Preparatory

Drumming is a healthy activity and Be Well UC is working to bring to you a MONTHLY Open Drumming Circle! The HealthRHYTHMS® protocol developed from medical research shows the health benefits of drumming with a group, including stress reduction and improvements to the immune system and mood.

Do I need a drum to participate?

A variety of drums and other percussion instruments will be provided for all participants. Contact Amy.Dennison@uc.edu for details or to learn more about drumming.

Who can participate?

All are welcome to join. Register by visiting the HR Training Opportunities website: https://webapps.uc.edu/hr/trainingopp/index.asp

When will the Open Drumming Circle be?

- Every Third Thursday of the month.
- 12-1 p.m.
  - 2/18 & 5/19 (TUC 465 Great Hall – Main Campus)
  - 3/17 (TUC Room 400A – Main Campus)
  - 4/21 (1630 Corbett at CCM - Main Campus)

Dates & locations subject to change. Visit http://www.uc.edu/hr/bewelluc/events.html for updates!

Visit the Be Well UC website (www.uc.edu/hr/bewelluc)