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
- 1/21 & 4/21 in DVAC 300
  (DVAC is the Dieterle Vocal Arts Center – overlooking stadium – directions on our Events page and will be emailed to registered participants)
- 2/18, 3/17, 5/19 TUC Room 423, 12-1pm

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)