Be the Beat, Shake an Egg & Sing a Song!
Not only does music making give your brain a total workout, it is a lot of fun! Join us for the express version of Be the Beat – we’ll begin drumming at noon and you’ll be back on your way to your computer and emails and work by 12:45! Reduce stress and improve your mood – and boost your immune system too!

FAQ: Do I need a drum to participate? A variety of drums and other percussion instruments will be provided for all participants.

Who can participate?
All are welcome to join

Details & Registration: