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

Drumming is a fun, easy and healthy activity that you should try! 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.

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!

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

**DATES**

**Tuesday, September 13th**
TUC 417AB

**Tuesday, October 11th**
TUC Front Steps

**Tuesday, November 8th**
TUC Atrium

**Tuesday, December 13th**
TUC 419AB

12:00-1:00PM

Questions?
Please contact wellness@uc.edu
uc.edu/hr/bewelluc