BE THE BEAT
Open Drumming Circle

WHEN? WHERE?
TUESDAY MARCH 20TH
12:00 PM – 12:45 PM
@UCC SNYDER 142

This event will be presented by
Amy Dennison.
Amy is the Associate Director and Director of Education for Preparatory and Community Engagement at CCM. She has been a teaching artist for over 35 years for students of all ages and in a wide variety of settings. Along with this she is a Health Rhythms Trained Facilitator.

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 in groups, 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!

Don’t forget to register on HR Edge:
http://bit.ly/2f31BH1