

## ***HealthRHYTHMS GROUP EMPOWERMENT DRUMMING***



Participation in active group percussion experiences has physical benefits including sustained physical activity, relaxation, and use of fine motor skills.

A strong sense of group identity and a feeling of belonging is created because participants are actively making music together and because the sustained repetition of the steady beat acts to bring people together physically, emotionally, and mentally (rhythmic entrainment). Percussion activities can be done with little or no previous musical background or training making these experiences accessible to virtually all people. Facilitator, Cheri Bunker has 12 years of experience and has been trained by the Remo Drum Corporation, by Music therapist Christine Stevens, and Neurologist Dr. Barry Bittman. Drums and percussion provided.

Please call 763-531-0052 and register by February 21.

**When: Monday, February 26  
10:30-11:30 am**

**Where: Crystal Community Center**

**Fee: \$5**