



The Museum of Making Music & Resounding Joy present:

Music & Wellness Workshops for Adults & Families

JUNE 5 @ 2PM: MUSIC & WELLNESS WORKSHOP FOR ADULTS

Have you ever wondered why that upbeat song gets you through your workout or why slow songs wind you down? For these answers and more, attend ***The Music In You: Relaxation & Excitement*** to learn how music affects our physical bodies. Participants will use drumming, vocal exercises, and music from around the world to understand this powerful phenomenon.

AUGUST 7 @ 2PM: MUSIC & WELLNESS WORKSHOP FOR FAMILIES

Would you like to use music to connect with your young children? Music-based bonding activities are a great way to increase your child's creativity and open the doors to your own. Your family is invited to ***The Music in Them: Bonding & Teaching*** to learn hands-on musical techniques to engage your children. Families will interact using song, games, movement, and instruments.

OCTOBER 16 @ 2PM: MUSIC & WELLNESS WORKSHOP FOR ADULTS

How often does music bring you back to a special moment in your life? Music creates an important link to our past - emotionally and mentally. ***The Music In You: Emotions & Memory*** highlights the relationship between music and our bodies. Participants will use music from a variety of cultures, percussion, and vocal exercises to explore how music affects our emotions and memory.

DECEMBER 4 @ 2PM: MUSIC & WELLNESS WORKSHOP FOR FAMILIES

Storytelling and folksongs are a great way for children to understand their own culture and the musical traditions from around the world. Additionally, with a low level of inhibition, children are willing to create their own traditions through music and song. Your family is invited to ***The Music in Them: Cultural & Family Traditions***, to participate in bonding activities, including musical stories, instruments, and games. Families will learn by example ways in which music can connect children to their past.

These events are FREE with a \$5 suggested donation.