

# RHYTHM & RELAXATION

"Group drumming from a HealthRHYTHMS perspective is transcendent ... it empowers people to more effectively express themselves, while enabling them to move beyond their perceived limitations and put back into their lives what is missing."

Barry Bittman, MD, CEO, Mind-Body Wellness Center

## BENEFITS:

- Stress Reduction
- Support & Teambuilding
- Self-Expression
- Recreational Music-making
- And much more!!



*No prior musical experience necessary.  
Instruments provided.*

To join current Rhythm & Relaxation sessions in progress or to arrange a personalized group program for your organization, residence hall or department, contact CPS at 227-7469. For more information, ask for Michelle or e-mail her at [mcooper@email.wcu.edu](mailto:mcooper@email.wcu.edu).

