

BETTER BREATHERS CLUB MEETING



DECEMBER MEETING

MUSIC THERAPY AND REDUCING STRESS AND ANXIETY

Presented by: **Kimberly Rodgers-Melnick, MT-BC**



Kim is a board-certified music therapist serving primarily adult inpatients at University Hospitals Ahuja and Bedford medical centers. Prior to joining University Hospitals Connor Integrative Health Network, Kim completed an internship at University Hospitals Case Medical Center and provided music therapy services at Bartels Lutheran Retirement Community in Waverly, Iowa. In addition to practicing medical music therapy, Kim is also involved in Toddler Rock, which is a music and literacy program for preschoolers at the Rock and Roll Hall of Fame.

Monday – December 14, 2015, 2:00 – 3:30 pm

Participants will:

- 1. Learn about the practice of music therapy**
- 2. Experience how to use music for anxiety reduction and stress relief in their daily lives**
- 3. Take part in a musical relaxation intervention they can learn to use in the future**
- 4. Play harmonicas (provided to the first 12 people) and learn how this can help breathing efficiency**

Food and beverages provided by



LOCATION: AHUJA MEDICAL CENTER (OUR OLD LOCATION RETURNS!)
ROSENBERG CONFERENCE ROOM – 1st FLOOR
3999 RICHMOND ROAD, BEACHWOOD, OH 44122
ENTER THROUGH MAIN ENTRANCE – FREE VALET PARKING AVAILABLE

DIRECTIONS: from I 271 get off at Harvard Road, head west for ~1.0 mile. Turn right on Richmond road then right into Ahuja Med Center parking lot.

FOR RESERVATIONS OR TO GET MORE INFORMATION ON THE BETTER BREATHERS CLUB, PLEASE CONTACT BOB ROSNECK AT 216-983-4903. PLEASE MAKE RESERVATIONS FOR THIS EVENT BY THURSDAY, DECEMBER 10, 2015