

Connections Through Music

Group Time and Date Details:

- Fridays beginning March 25, for 10 sessions
- 10-11 AM
- This group is limited to 8 participants
Caregivers are required to attend



Group Description:

Join us in this music therapy group that will utilize the power of music to stimulate the brain, support new habits, improve mood, and create memories within your relationship. This group will meet weekly and participants will engage in active music making within the group setting. You will learn tools that you can use at home as well!

Possible benefits:

- Improved Quality of Life
- Attention to task
- Limb coordination
- Organization
- Follow through
- Decision making
- Impulse control
- Improving mood
- Reducing anxiety levels
- Connection with caregiver

What is Neurologic Music Therapy (NMT)?

Neurologic Music Therapy is research based, using protocols that utilize elements of music such as rhythm and melody to help different areas of the brain.

Neuroscience has found that music stimulates the entire brain, reinforcing the use of music as a tool to create harmony, connection, and strategies to assist with day to day living.

For questions on registration fee, registration, or other questions regarding group
Please contact Fox Valley Memory Project
Phone: 920.225.1711



Group will be held at:
Expressive Therapies, LLC
245 N Metro Drive, Appleton, WI 54913

