



AdventHealth Brain Health Presents: Music Therapy

Improve your mind and your mood with music.

Join our AdventHealth music therapy team every Tuesday at 11 am for an enriching and engaging time together. This program addresses the needs of the whole person — mind, body and spirit. Led by board-certified music therapists, this music group uses neurologic music-therapy techniques to address brain and behavior functions, such as memory, attention, communication and movement, while engaging the group in meaningful musical interaction.

Excellent brain fitness for everyone!

THE PROGRAM IS EVERY TUESDAY AT 11:00 A.M.

THE 2ND AND 4TH TUESDAY ARE IN-PERSON AT INNOVATION TOWER.

This virtual offering will be delivered through the Zoom teleconferencing platform.

Email NSI.BrainHealth@AdventHealth.com to register for the event, for any questions, and any additional information needed.