



Music can be a powerful tool to help us rise above life's challenges. To cite just a few examples: rhythm "entrains the brain," helping us regulate our movements; singing strengthens the muscles involved in speaking and lifts our spirits; playing an instrument improves attention and coordination; preferred music triggers endorphins, the brain's "feel good" hormones -- and the list goes on!

You can harness the elements of music to support your physical, speech, cognitive, and/or social-emotional goals in a new, community-based program called **"Music for Daily Living,"** for people living with the effects of stroke, traumatic brain injury, and other neurodegenerative conditions. Led by Board-Certified Neurologic Music Therapist® Beth Friedman-Romell, this 12-session program will use music techniques to help you improve your day-to-day functioning and quality of life. No prior music experience is necessary!

"Music for Daily Living" will meet twice per month from January through June on Thursdays from 11 am - 12 pm at B'nai Jeshurun Congregation, 27501 Fairmount Boulevard, Pepper Pike, Ohio 44124. Session dates are: January 15 and 29, Feb. 5 and 19, March 12 and 26, April 16 and 30, May 14 and 29, June 11 and 25. Class size is limited to 12 participants.

This pilot program is offered on a pay-what-you-can basis, with a suggested fee of \$10 per session (no charge for caregivers). Advanced registration required. Please call or email Beth for more details and to register: 216-260-5525; beth@differentdrum.net.

This program is made possible with generous support from JWell, a Cleveland-based Jewish wellness center offering programs and resources that embrace all people in their pursuit of well-being, healing, and community. <https://www.jwellcle.org/>