

Expressive Therapeutic Rhythm Making with Jorge Ochoa

First Saturdays: 10am to 11:30am



Join us at The Center for a no cost, monthly therapeutic rhythm making session, facilitated by **Occupational Therapist and group rhythm making facilitator Jorge Ochoa.**

Expressive therapeutic rhythm making can have many benefits, such as:

- Accelerating physical healing and boosting your immune system.
- Feeling more connected with others.
- Feeling of well-being.
- Relieving emotional trauma.
- Reducing stress.

The expressive therapeutic rhythm making sessions are open to anyone 6 years of age or older. No experience is necessary! Please register in advance by calling **210.616.0885**, or email **LCenanovic@ecrh.org**.

First Saturdays: 10am - 11:30 am

May 6

June 3

July (No session)

August 5

September 2

October 7

November 4

December 2

HEADQUARTERS

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For Information please call Lejla at 210.616.0885, x214.