

Expressive Therapeutic Rhythm Making

An ongoing project of the Therapeutic Expressive Arts Institute of South Texas.



Join us at **The Center** for a no-cost, monthly therapeutic rhythm making session. Expressive therapeutic rhythm making sessions are open to anyone, so bring along the whole family. No experience is necessary!

Led by: **Jorge Ochoa – Occupational Therapist**

Expressive therapeutic rhythm making can have many benefits, including:

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

To reserve a seat, please email Lcenanovic@ecrh.org, or call **The Center at 210.616.0885**.

Saturdays: 10:00 am - 11:30 am

January 12
February 2
March 2
April 13
May 4
June 1

July 6
August 3
September 7
October 5
November 2
December 7

HEADQUARTERS

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For information please call Lejla at 210.616.0885, x214.