



HEALTHRHYTHMS Group Empowerment Drumming

HealthRHYTHMS® is a research-based life enhancement tool. It is a group drumming recreational music-making (RMM) protocol based upon published studies by a research team led by Barry Bittman, M.D., a neurologist.

Studies have demonstrated *a boost to the immune system, improved mood states, and reduced stress and burnout.*

No previous musical experience is needed and all instruments will be provided.

HealthRhythms ® is **NOT** a drumming lesson or performance-based class. It promotes communication and self-expression through drums and percussion. Your instructor, Jorge Ochoa, is a trained REMO HealthRhythms Facilitator.

Adults 18 and over please.

Class Dates: Mondays, 3/19/2018- 4/23/2018

Time: 7:15-8:15 PM

Cost: \$49

Register at 210-397-8100 (option2)
goo.gl/4LzUct

Class location:
Northside Independent School District
Learning Center
Room: C116
NLC-Building C
6632 Bandera Road
San Antonio, TX 78238

Instructor Contact:

Jorge Ochoa, OTR
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