



## HEALTHRHYTHMS Group Empowerment Drumming

Beat Stress!



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+ please.

Class Dates: Mondays  
9/18/2017- 10/23/2017  
Time: 7:15-8:15 PM  
Cost: \$49

Register at 210-397-8100 (option2)  
[goo.gl/Hiie6h](http://goo.gl/Hiie6h)

Class location:  
Northside ISD Learning Center  
Portable 8B  
6632 Bandera Road  
San Antonio, TX 78238  
[Community.ed@nisd.net](mailto:Community.ed@nisd.net)

Instructor Info:  
Jorge Ochoa, OTR  
Occupational Therapist  
[TamboRhythms@yahoo.com](mailto:TamboRhythms@yahoo.com)  
210-289-7100  
[TamboRhythms.com](http://TamboRhythms.com)