

TamboRhythms is a company dedicated to well-being through rhythmic expression using drums and hand percussion. The company promotes recreational music-making (RMM) regardless of age, ability, and previous musical experience. From celebrations to team building and stress relief, *TamboRhythms* strives for personal life enhancement.

Programs offered include: *HealthRHYTHMS® Group Empowerment Drumming*, *TamboFUNction Drumming*, community drum circles, and programs tailored for specific needs.

HealthRHYTHMS® is a research-based life enhancement tool. It is a group drumming RMM protocol based upon published studies by a research team led by Barry Bittman, M.D., a neurologist. Studies have shown a boost to the immune system, improved mood states, reduced stress and burnout, reduced employee turnover, reduced student drop-out rates, and inspiring creativity and bonding in seniors.

HealthRHYTHMS® may be used to create a health promoting environment, empower people to move beyond their perceived limits, bring to surface what is difficult to express in words alone, draw people together, and enhance communication and morale. Potential applications for *HealthRHYTHMS®* include: conflict resolution, stress management, improving morale, team building, support groups, employee wellness initiatives, patient groups, schools and universities, senior citizens groups, etc.

According to a study published in *Medical Science Monitor* (Bittman, 2005), RMM has the potential to turn off some of the DNA switches turned on by stress.

Destructive Powers of Stress: Cognitive Impairment, Cardiovascular Illnesses, Diabetes, Obesity, Drug Abuse, Depression, Chronic Pain

Source and more info at remo.com/health



TamboFUNction Drumming is a program for typically developing children in Pre-Kindergarten to Kindergarten and for older individuals with various disabilities. Examples of functional skills addressed include:

- Following directions/listening skills
- Taking turns
- Number/color/ basic shape identification
- Focus/attention
- Self-control/impulse control
- Creative self-expression
- Leadership
- Confidence/self-esteem
- Social skills
- Communication reinforcement
- Sensory-motor skills
- Right/left directionality
- Prepositional/positional concepts
- Pre-writing/pre-reading skills
- Syllables

The community drum circle is a rhythmic gathering using drums and other hand percussion. Individuals of **ALL** ages and abilities with or without previous musical experience are encouraged to attend. Instruments are provided for everyone. The drum circle is not a drum lesson or performance-based class. Participants are invited to come and share their creative "inner rhythm". It is a time for the community, friends, and family to connect, relieve stress, and have **FUN!** Check website for dates, locations, and times for **FREE** monthly events.

For information contact:

Jorge Ochoa, OTR
Occupational Therapist
Drum Circle Facilitator
210-289-7100
tamborhythms@yahoo.com
www.tamborhythms.com

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DRUM ON!