

HealthRhythms at The Neighborhood Place Community Center

This was the best stress reliever! If I knew it was this fun, I would have been here before. It was definitely worth my time. Thank you Jorge. - Ana

Awesome experience. I arrived worried about problems and left feeling my problems weren't as big as I thought they were. - Ofilia

It was relaxing and released some of my stress. - Cruz

I felt very relaxed. -Armando

So primal, so powerful, left me so peaceful. Thank you. - Joshua

Health rhythms is so fun because you can feel free to just beat out your stress, and experiment with the drums without being self-conscious or embarrassed. - Bethany

It was very relaxing and enjoyable. - Katherine

I feel so relax, this was a good drum meet. -Abigail

I'm stress free baby! - Nehemiah

I could rest in the feeling of community. I really enjoyed the sense of connection. - Kimberlyn

Release of stress, very fun. I felt very relaxed afterward. I would love to do this again and regularly. - Kathleen

Fun, stress-relieving, unity. Felt like everyone connected. -Gabriel

Drumming provoked me to let go of -EVERYTHING-, to tap into a wholeness and otherwise inaccessible space where I simply am, nothing more complicated than my slap upon skin. -Nicole

This is a great stress relief and I plan on buying a drum. Have also forwarded information to employer. They sound very interested. -Debbie

Loved the vacation! - Theresa

Great-exciting ! ... -Robert