

**JOIN US FOR  
LUNCH AND LEARN**

**“MUSIC FOR WELLNESS”**

**FRIDAY, FEBRUARY 14, 2020**

**11:00 AM TO 12:15 PM**

**\$5.00 \*Register and pay in advance by  
Wed., February 12, 2020**

**This is not your average sing along or concert - Come ready to learn & engage!**

- Become aware of how music affects our minds, moods, and movement.
- Experience strategies for using music at home for personal wellness.
- Engage in group music-making for wellness - no prior musical experience needed!



**Guest Speaker - Noelle Pederson MT-BC, HPMT, NICU-MT**

Noelle Pederson has provided board-certified music therapy services throughout the county for 12 years in hospitals, hospices, wellness centers, and more. She's a seasoned presenter who educates participants experientially to demonstrate the power of music for wellness

**“HEALTHY ENVIRONMENT,  
HEALTHY YOU”**

**FRIDAY, FEBRUARY 28, 2020**

**11:00 AM TO 12:15 PM**

**\$5.00 \*Register and pay in advance by  
Wed., February 26, 2020**

**GUEST SPEAKER from**



**MONTGOMERY-GIBBS ENVIRONMENTAL COALITION**

**For info call 858.483.4007**