



Drumming Circle

Saturday, April 26th, 2025

11:00 am to Noon

OASIS Community Center

We all instinctively possess a sense of rhythm: our hearts beat, our hands clap, and our feet tap. We walk, we dance, we move to a rhythm.

Join your friends at OASIS for our next drum circle! Through rhythm, we will relax, reduce stress, and build connection. Drumming has also been shown to improve cognitive functions like memory and attention.

Led by Catherine Campanaro. She is a trained Remo HealthRhythms® Facilitator with additional training in drum circle facilitation.

Catherine has a passion for creating sacred space, recovery and the 12 steps, dream work, and contemplation. She is also a Certified Celebrant and performs life event celebrations. She is a volunteer for Synchronicity Recovery.

To learn more about Cathy, visit her website:

<https://catherinecampanarocelibrant.com/>



Space is limited. Advance Registration Required.

Visit our website for the registration link:

OasisBethlehem.org/Special-Events

OASIS programs are offered to support families and friends impacted by a loved one's substance-use