

## Music for Veterans offers a fun, creative and healthy environment of Music & Camaraderie for Veterans

**Music for Veterans** is a nonprofit organization that provides a peaceful retreat from

the pressures Veterans may face in returning to civilian life by combining a strong

## support system with the therapeutic benefits of playing a musical instrument:

- \* Improved Self Image
- \* Increased Motivation
- \* Reduced Muscle

- \* Decreased Anxiety & Agitation
- \* Enhanced Physical Rehabilitation
- \* Enhanced Personal Relationships

Tension

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"Playing music with other Veterans has been great source of comfort and happiness."



"I'm able to express thoughts and feelings that only a fellow Veteran can understand"

"The program has helped me overcome some of the difficulties of transitioning to civilian life"

## Our Programs are FREE to Veterans & Military Personnel!

www.Music4Veterans.org 2501 West 12<sup>th</sup> Street 814.873.4500

## Music Get Togethers: Wednesdays 7pm on Zoom

Meet fellow Veterans from around the country who share your interest in music, play a song or just sit back and enjoy listening to fellow Veterans play a song.

Music Workshops: Saturdays 10am & 12pm on Zoom
If you're interested in playing an instrument, join us. Whether you're a beginner or advanced player, we have a session for you.

Local Music Get Together: Tuesdays 6pm in Erie, PA
If you're in the Erie County Area, we play music together as a band occasionally performing at Veterans events around the tri-county region.

Contact us and we'll send details about our Sessions:

https://music4veterans.org/contact-us
Or call 814-873-4500

