

MUSIC MENDS MINDS
RESTORING THE RHYTHM OF LIFE



JOYFUL NOISE

FAIR LAWN DRUM CIRCLE

WITH **CINDY KRESCH**

HealthRHYTHMS® Facilitator & owner of A Hum Music

Tuesday, November 15th

1:00pm - 1:45pm

Fair Lawn Community Center
10-10 20th Street, Fair Lawn, NJ



Group drumming has been scientifically shown to boost the immune system, decrease stress, increase focus, foster a positive mood, and create a feeling of connection with others.

LET'S
DRUM
TOGETHER!

Think you have no rhythm? Not so...

We all have an internal beat. You will surprise yourself with how much rhythm you have.

No musical experience is necessary. It's just fun!

Don't have a drum? No worries!

Drums & other percussion instruments will be available to share. Or, find things in your house - Grab a book, a bowl, a box of pasta, or some spoons! Everything works!

RESERVATIONS ARE REQUIRED!

Please call **201-777-6135**

Transportation is available for Fair Lawn residents in need by reservation only. Caregivers are welcome and encouraged to accompany attendees.



**FAIR LAWN
FOR ALL AGES**
www.fairlawnforallages.org



Rotary
Fair Lawn Sunrise

This program is sponsored by Fair Lawn for All Ages and Fair Lawn Sunrise Rotary and is free for all attendees.