

LIFESTYLE MEDICINE & WELLNESS SERIES

music AS MEDICINE



SEPTEMBER 17, 2024
7-8 P.M.



VIRTUAL
VIA ZOOM



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According to a growing body of research, listening to or making music affects the brain in ways that may help promote health and manage disease symptoms.

Performing or listening to music activates a variety of structures in the brain that are involved in thinking, sensation, movement, and emotion. This type of brain activity may have physical and psychological benefits.



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All are
welcome!