

AUDABILITY

GROUP MUSIC THERAPY FOR PEOPLE WITH PARKINSON'S

TWELVE WEDNESDAYS

April 5 - June 21

July 5 - September 20



Harmonica Class | \$149 | 10:00-10:50AM

Improve breath support and lung capacity while having fun on this unique instrument. *Care Partners Welcome*



AUDABILITY | \$199 | 11:00-12:30PM

Sing out and improve the volume, clarity, and quality of your voice! *Simultaneous Care Partner support group in Suite 106.*



Music Delights | \$149 | 1:00-1:50PM

Express yourself with this unique Yamaha keyboard experience. *Care Partners Welcome*

SIX MONDAYS

February 20 - March 27

April 3 - May 8



Wellness & Mindfulness | \$79 | 11:00-11:50AM

Breathe, reduce stress, meditate, and improve your overall wellness. *Care Partners Welcome*



Rhythm Steps | \$79 | 12:00-12:50PM

Create music and wellness through this customized drumming class. *Care Partners Welcome*

MUSICWORXINC.COM

858-457-2201

Music Wellness Center

11300 Sorrento Valley Rd, Suite 101, San Diego, CA 92121