

Music Therapy

Zoom Video Conference



Monday, November 13
7-8 pm (NY time)

This program is open to clients and caregivers.

*Pre-registration is required. To register, call, 914-962-6402 or 800-532-4290.
Must register no later than 5 pm (NY time) on Friday, November 10.*

This program is being offered in loving tribute to Don, one of Support Connection's greatest cheerleaders. Don had a true love and appreciation for music. He encouraged others to find joy in music and understand the benefits it has on health and wellbeing. In his honor, we would like to share a virtual evening of live music.

Music Therapy is a fun and creative source of socialization and stress relief. Research shows that listening to and making music promotes relaxation, reduces pain, boosts mood, and improves sleep. This workshop will be an interactive mix of relaxation experiences, playful creativity, and social connection. In addition to group activities, you will learn simple techniques you can use at home to promote relaxation, increased physical comfort, and improved sleep. No instruments or prior musical experience are needed, and the session will be tailored to the needs and musical interests of those who attend. Participants are welcome to attend with their cameras off if they prefer their privacy and if they want to lie down.

Instructor: Julie Sherwood, MA, LCAT, CTS, MT-BC For many years, Julie has been helping people overcome stress, pain, and anxiety. She has been a staff music therapist at the Music Therapy Institute at the Music Conservatory of Westchester for almost 10 years and is proud to have been a part of their outreach programs in hospitals and other healthcare facilities. Julie loves uplifting others and believes no matter what we may be going through in life, we can always find more health, happiness, and inner harmony along the way.