

**Support Connection's Coffee House
Music with Tom Abbott
A Facebook Live Event**



**Monday, March 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, March 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.

Besides evoking emotions and conjuring up beloved memories, listening to music can offer many healing benefits. Research shows music can assist with:

- Reducing anxiety
- Boosting energy
- Improving sleep
- Positively increasing mood
- Connecting with others

Tom Abbott studied and graduated from the New England Conservatory of Music in Boston. He is a singer, musician, song writer and has produced 3 full-length solo albums.

From the comfort of your own home, you can choose to put on your dancing shoes or put your feet up and just enjoy the music! Join us for a trip back to the 70s! Tom's acoustic set will be covering hits from this extraordinary decade where the emergence of new genres and artists shaped the music scene forever.