



MUSIC THERAPY

Thursdays

September 6, 20, October 4, 18, November 1, 15

5:30 pm

Main Library

We are musical beings. It's no wonder that research shows that music therapy can not only heal the soul, but the mind and the body. Music therapy can decrease pain associated with disease or injury, calm anxiety and stress, promote physical rehabilitation, reduce muscle tension, provide emotional support and much more.

Curious to see if music therapy could help you? Join us for a free music therapy experience that you can take with you into your daily life. Led by a music therapist from the Groovy Garfoose, in Hudson, you may attend one or all of these sessions. Please call the Science and Technology Division for registration.



330-643-9075

**Akron-Summit County
Public Library**

**Science & Technology Division
60 S. High Street, Akron, OH 44326
www.akronlibrary.org**