

Music, Rhythm & Mindfulness Workshop

With
Judi Spencer
&
Brian Farrell



Saturday October 19th River Park Church

Join us for a mini-workshop of singing for vocal health, feeling the rhythm of life through the beat of percussion, and mindfulness for well-being. It will be an uplifting day all about the benefits of music including singing, vocal exercises, and mindfulness.

Call to register (403-243-9901)

 **Parkinson**
Association of Alberta