



Join us!

at the
Center for Contemplative Studies



Finals Week Stress Reduction for Students, Staff and Faculty

HealthRHYTHMS

GROUP EMPOWERMENT DRUMMING

Wednesday, May 10, 12:00 – 12:45 pm

ANYBODY CAN DO IT!

HealthRHYTHMS is a fun, evidence-based whole person strategy which promotes stress relief and community building.

HealthRHYTHMS is not about inspiring successful drumming – it's about inspiring successful living.

Led by Tim Sestrick, trained HealthRHYTHMS facilitator, Music Librarian and Associate Professor at WCU, and students from the Music Therapy degree program in the Wells School of Music.



Beat Burnout



**Reduce stress and strengthen
your immune system**

no prior musical experience necessary

urturing • support • teamwork • empowerment • music • self-expression • spirituality • exercise

facilitated by

