

Alive with Music! Experience an intergenerational music and mentoring program

Mary Knysh & Lulu Leathley

The Alive with Music program promotes drumming and music-making to enhance social and emotional wellness plus intergenerational community-building. Older adults are trained and mentored to share activities. Learn simple, accessible and fun rhythmic activities designed to address key factors for aging well. Explore music as a means for expressive nonverbal communication.

You'll be able to:

- Practice breath, voice and movement icebreakers that build basic rhythmic skills, advance group teamwork, and improve focus and concentration.
- Lead easy and fun rhythmic activities in your community to enhance the five core elements of wellness, including an enhanced sense of identity, belonging, value, purpose and joy.
- Identify and use three types of improvisational techniques for building nonverbal communication, adaptability, and increased self-expression and group connection.

Faculty: Mary Knysh, Founder, Rhythmic Connections, and professional musician and trainer for Music for People Organization; and Lulu Leathley, BA, Founder, Lulu Jam.

P | CEUs