

Rhythmic play for memory and mobility: Enhancing quality of life

Marilyn McLaughlin & Mary Knysh

This experiential training workshop offers a sampling of drumming and music-driven movement activities from UCLArts & Healing's program for older adults that addresses needs for self-expression, mood elevation, mobility, memory enhancement, stress reduction, engagement, social connection, and fall-risk reduction. This program accommodates those with all forms of disability.

You'll be able to:

- Demonstrate an activity that simultaneously increases mobility, provides a cognitive challenge, and encourages social engagement, and explain how it accomplishes these three things.
- Demonstrate an activity that simultaneously coordinates gait balance, provides a cognitive challenge, and encourages social engagement, and explain how it accomplishes these three things.
- Explain how to decrease and increase the challenge of both of the previously described activities.

Faculty: Marilyn McLaughlin, MFA, Adjunct Professor, Loyola Marymount University, and Founder, All Bodies Move!; and Mary Knysh, Founder, Rhythmic Connections, and professional musician and trainer for Music for People Organization.

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