

Music Therapy for Asian Americans



- EVERY TUESDAY 1:00-2:00 PM**
- CONFERENCE ROOM 212**
- CLASSES BEGIN 9/10**

If you are interested in joining, please contact:

Dustin Ramirez
Senior Services Specialist

650-991-5729

Sign-Ups Close 9/6



WHY JOIN OUR MUSIC THERAPY PROGRAM?

- **FEEL HAPPIER**
Music can make you smile and feel better.
- **EXPRESS YOURSELF**
Sing, play music, or just enjoy the beats.
- **MAKE FRIENDS**
Meet people who also love music.
- **REMEMBER BETTER**
Music can help improve your memory.
- **RELAX**
Music is a great way to relax or take a break.
- **CELEBRATE GOOD TIMES**
Remember happy moments with music.

SCHEDULE

Date	Session
9/10	Music Therapy
9/17	Music Therapy
9/24	Music Therapy
10/1	Music Therapy
10/8	Music Therapy
10/15	Peer Support Group
10/22	Music Therapy
10/29	Music Therapy
11/12	Music Therapy
TBD	Community Performance
12/3	Peer Support Group
12/10	Interview



NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

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