



DRUMMING FOR PARKINSON

Thursdays at 2pm
Springfield YMCA



Join in the FUN!

Benefits:

- The rhythmic motion of drumming improves motor skills, develops muscle tone and stimulates brain functions.
- Drumming increases dopamine and serotonin levels which helps to create an overall healthy emotional outlook.
- The social aspect of drumming in a group can decrease stress levels, regulate blood pressure and improve sleep habits.

To learn more
contact Colleen Gutowski
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