

DRUMMING FOR PARKINSON

at the Springfield YMCA

**Every Thursday Starting
October 20th at 2 PM**

The rhythmic motion of drumming improves motor skills, develops muscle tone, and stimulates brain functions. Drumming also increases dopamine and serotonin levels which helps to create an overall healthy emotional outlook. And the social aspect of drumming in a group can decrease stress levels, regulate blood pressure and improve sleep habits. Not to mention – it's just plain fun!

To register contact
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