



Join us!

at the
Center for Contemplative Studies



Stress Reduction for Students, Staff and Faculty

HealthRHYTHMS

GROUP EMPOWERMENT DRUMMING

Wednesdays from 12:00 to 12:45 pm — Starts September 21st

ANYBODY CAN DO IT!

HealthRHYTHMS is a fun, evidence-based whole person strategy which promotes stress relief and community building.

HealthRHYTHMS is not about inspiring successful drumming — it's about inspiring successful living.

Led by Tim Sestrick, trained HealthRHYTHMS facilitator, Music Librarian and Associate Professor at WCU, and students from the Music Therapy degree program in the Wells School of Music.



health
rhythms®

Break Out !

Free yourself of old ways of thinking.
Discover your own **PERSONAL** rhythm!
no prior musical experience necessary

facilitated by

