

All Tuned In

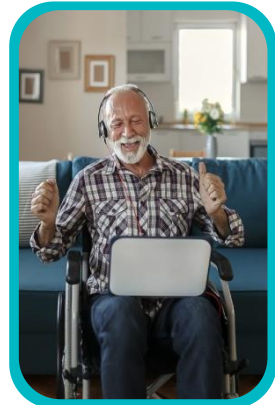
A MUSIC THERAPY PROGRAM
MEALS on WHEELS® ROCKLAND

We are thrilled to announce that starting in March 2023, a Music Therapist will be running Music programs at our Senior Activity Centers, once a month with an option to join in from home. If you are mostly homebound, please consider this program!

OPPORTUNITIES & BENEFITS

Music can...

- Improve memory and focus
- Calm agitation and improve your mood
- Help with depression and stress
- Increase movement
- Enhance communication skills
- Provide socialization



WE'LL MAKE IT EASY

- We will provide all the technical assistance you will need.
- You can use your own device (computer, tablet or phone) or a tablet can be provided (available on a first come first serve basis).
- You don't have to do anything - you can listen or participate - and the music therapist will work with you based on your music preferences and needs.



Call or email Jeanette Suarez for more information or to sign up!
845-624-6325 • JSuarez@mowrockland.org