



MUSIC THERAPY:

Using Music for Your Health and Wellness

Music is all around us. It has the power to soothe, to encourage, to stimulate, and to invoke memories. We often take music for granted, but it can be used to enhance, change, and encourage those around us. Music has the ability to heal, to reduce stress, and to aide with daily living.

Ms. Maria Carron, founder of Midwest Music Therapy Services, will be sharing information about how music therapy is utilized with the agencies and individuals they work with, as well as, how you can use music for health and wellness at all stages of life. Along with a team of 18 music therapists, Ms. Carron provides music therapy services to eldercare, palliative and hospice clients, various school districts, the state of Missouri's Department of Mental Health, and families throughout the St. Louis area.

DATE:
Thursday, June 21, 2018

TIME:
6:30-7:30 p.m.

Sponsored by:

Maplewood Public Library
7550 Lohmeyer
Maplewood, Mo. 63143
314-781-2174
www.maplewood.lib.mo.us

