

## National Music Centre announces weekly drop-in music therapy sessions at Studio Bell

Registration now open for 12-week physical and mental rejuvenation program

*(Calgary, AB — March 5, 2020)* The National Music Centre (NMC) is pleased to announce Sound Healing: FreeDrum, a weekly health-focused music therapy session in collaboration with JB Music Therapy. Sign up to register or drop in every Wednesday from 3:30 to 4:30 pm, April 1 to June 17 at Studio Bell.

Sound Healing: FreeDrum is a 12-week physical and mental rejuvenation program led by JB Music Therapy's Certified Music Therapists. The program is open to all but is ideal for those navigating life transitions, such as Calgary seniors interested in improving their memory and mood.

Drumming is an activity that is known to release stress, boost the immune system, and produce feelings of well-being and connection between all participants. Each FreeDrum session will introduce different techniques and offer a fresh perspective on drumming and wellness. Participants can drop in for a single class or come back week after week to enjoy the benefits of therapeutic drumming, while also expanding on the skills explored in previous weeks.

"This partnership with NMC allows us to bring music therapy out of a clinical setting and into our community," says Jennifer Buchanan, President of JB Music Therapy. "The weekly FreeDrum sessions give participants an opportunity to use music to boost mood, memory, and motivation in a safe and social environment."

"JB Music Therapy and NMC share a goal: to bring people together through the power of music," says Andrew Mosker, President and CEO of NMC. "We look forward to seeing the Sound Healing series evolve to support people who would benefit from the healing power of music the most."

Sound Healing: FreeDrum is part of NMC's ongoing commitment to provide action-based initiatives that promote the healing power of music. NMC also partners with JB Music Therapy and Calgary Health Trust to support the music therapy program at Foothills Medical Centre. These programs will continue to provide improved care and positive outcomes for a range of patients, including those in intensive care, palliative care, as well as stroke, brain injury, Parkinson's disease, and dementia patients receiving neurorehabilitation. The partnership will expand to include the Calgary South Campus Hospital this spring.

Registration is now open for Sound Healing: FreeDrum at Studio Bell, running every Wednesday from 3:30 to 4:30 pm, April 1 to June 17. Cost is included with admission to Studio Bell for Seniors, Students

and Youth, or a \$5 add-on for Adults. Book 11 weeks in advance to receive your twelfth session free with proof of purchase.

Please visit [studiobell.ca/whats-on](https://studiobell.ca/whats-on) to register now.

### **About Studio Bell, home of the National Music Centre**

Studio Bell, home of the National Music Centre (NMC), is much more than a museum. A registered charity and national catalyst for discovery, innovation and renewal through music, NMC is preserving and celebrating Canada's music story inside its home at Studio Bell in Calgary's East Village. With programming that includes on-site and outreach education programs, performances, artist incubation and exhibitions, NMC is inspiring a new generation of music lovers. For more information, please visit [studiobell.ca](https://studiobell.ca).

### **About JB Music Therapy**

JB Music Therapy is an award recognized Canadian company based in Calgary, Alberta. JBMT is a team of Accredited Music Therapists (MTAs) who design treatment plans for people of all ages to foster change: boost mood, decrease stress, improve speech after injury, increase focus, develop learning, lessen anxiety, and recover lost memories. JB Music Therapy has been thrice nominated for the Community Impact Award through the Calgary Chamber of Commerce and her book Wellness Incorporated is a recent winner at the New York Book Festival. For more information, please visit [jbmusictherapy.com](https://jbmusictherapy.com).

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