



# Exploring Music for Stress Relief and Relaxation

FOR WOMEN LIVING WITH CANCER.

**Thursday, January 21, 2010**

**6:30 - 8:00 pm**

**Somers Public Library**

**Somers, NY**

Board Certified Music Therapist

**Maya Benattar, MA, MT-BC**

will introduce you to a variety of music experiences.

Learn about the concept of using music as a coping technique,  
along with ideas and resources for your own personal use.

**Advance Registration is Required.**

*A \$10 fee is required at registration.*

*This fee will be returned provided you attend.*

**To Register,**

**or for more information,**

**call Support Connection**

**914-962-6402 or 1-800-532-4290**



Guided music listening

Drumming

Singing

Music-assisted meditation

Humming/toning