



2015 NATIONAL PUBLIC HEALTH WEEK EVENT

SPONSORED BY DEPARTMENT OF PUBLIC HEALTH & PREVENTIVE MEDICINE SUNY UPSTATE MEDICAL UNIVERSITY

Friday, April 10

Noon - 1 PM

2507 Setnor Academic Building
Upstate Medical University

Integrative Therapy for Managing Stress

Music for Wellness

*Clare Arezina, MME, MT-BC, CCLS
Music Therapist, Child Life Program
Upstate Galisano Children's Hospital*

Music has been used throughout history as part of healing rituals in many cultures. Music can pump you up, calm you down and even help you feel better. Many health professions utilize music to help affect positive change in a number of domains.

How can you successfully use music to benefit your own wellness? This workshop will explain some of the neurophysiology of music and its ties to wellness practices via listening or performance. Examples and information for continued practice will be provided.

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Free & Open to the Public. Registration Not Required
For more of our public health week events visit www.upstate.edu/events
For more information contact Cindy Paikin: paikinc@upstate.edu