

MUSIC FOR LIFE



THE DAVIS FARM

MUSIC FOR LIFE IS A NEW 4 WEEK PROGRAM BEING OFFERED AT THE DAVIS FARM THAT USES MUSIC TO ACTIVELY SUPPORT PEOPLE OF ALL AGES TO MANAGE PHYSICAL AND MENTAL HEALTH, AND ENHANCE THEIR QUALITY OF LIFE.

WHO CAN BENEFIT FROM MUSIC FOR LIFE.

MUSIC FOR LIFE CAN HELP SUPPORT PEOPLE OF ANY AGE WHO MIGHT BE EXPERIENCING CHALLENGES INCLUDING INTELLECTUAL, PHYSICAL, EMOTIONAL, OR SOCIAL, OR WISHING TO IMPROVE THEIR WELLBEING.

1 WHAT MUSIC FOR LIFE CAN HELP WITH?

- REDUCE ANXIETY AND STRESS.
- REGULATE MOODS AND ENERGY LEVELS
- INCREASE MOTIVATION
- HELP MANAGE ANGER AND FRUSTRATION
- MANAGE CHALLENGING BEHAVIOUR
- IMPROVE SPEECH, COMMUNICATION, AND SOCIAL SKILLS
- HELP WITH VERBAL AND NON-VERBAL COMMUNICATION
- IMPROVE PHYSICAL SPEECH FUNCTION
- INCREASE SOCIAL COMMUNICATION AND INTERACTION SKILLS.
- INCREASE INDEPENDENCE

2 PHYSICALLY CAN HELP;

- IMPROVE GROSS MOTOR FUNCTION AND BALANCE
- IMPROVE MUSCLE STRENGTH AND CONTROL
- IMPROVE SLEEP
- MEMORY, ATTENTION, AND COGNITIVE FUNCTION
- NON-VERBAL AND VERBAL WORKING MEMORY
- EMOTIONAL SELF-MOTIVATION

3 SESSIONS

SESSIONS RUN FOR 1 HOUR IN AN OUTDOOR SETTING AT THE DAVIS FARM IN SANCROX.

ACCESSIBILITY IS WHEELCHAIR FRIENDLY.

COST:

\$220 INC GST PER CLIENT FOR THE 4 WEEK PROGRAM

4 WHEN WILL IT HAPPEN?

CURRENTLY WE ARE OFFERING THE FOLLOWING SESSIONS TIMES BUT AVAILABLE DEPENDS ON INTEREST. CONTACT THE AJ OR BEC FOR THE NEXT START DATE.

TUESDAYS. — 3PM - 4PM

WEDNESDAY — 9:30AM - 10:30AM
3PM - 4PM