

# MINDFULNESS, MUSIC and MOVEMENT



Developed by Denya LeVine for people with or without dementia, *Mindfulness, Music and Movement* is an original 45 minute program designed to lessen anxiety, strengthen the immune system and increase the sense of well-being.

*This program is healthy for the mind, emotions and body.*

Ideal for:

Nursing Homes

Adult Day Centers

Senior Centers

Assisted Living Residences

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*30 years experience offering music programs to adults in various settings*

*Denya is based on Cape Cod and loves to travel!*