

Stroke Recovery Music Program

Erin Stacknick, MTA (Music Therapist Accredited) By the Bay Music Therapy

This free music program will offer a fun, social gathering where survivors of stroke of all abilities can join. Family caregivers are also welcome to attend. There is no pressure in participating and no previous music experience is required. It will truly be a fun and interactive experience from beginning to end!

Some of the activities to explore will include:

- Warm-ups: vocal warm-ups, breathing exercises
- Group Singing: favourite songs, songs with various speeds and dynamics
- Gentle Movement: line dancing, ASL signs, gait training, crossing mid-line
- Instruments: Rhythm sticks, foot bells, drums and more
- Expression: Song writing, musical reminiscing, performance opportunities

Stroke Recovery Music Program

Thunder Bay 55+ Centre — Craft Room #2
700 River Street

The following Fridays 11am to 12pm

Jan. 10th, Jan 24th, Feb 7th, Feb 21st, Mar. 6th, Mar. 20th,
Apr. 3rd, Apr. 17th, May 1st, May 15th

To sign up for one or more sessions, please contact Todd:

Office: (807)345-6595 ext 105 Email: tkennedy@marchofdimes.ca

***Program space generously donated by:
Thunder Bay 55 Plus Centre***

