

WBMT *Retreats*

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presents

Music & the Arts

Your mental health is just as important as your physical health. Music and the Arts is part of the Dauphin County Library System's Mental Health Series which explores different activities that are designed to help you relax and relieve stress.

Topics covered include:

- ⇒ creating and strategically implementing playlists
- ⇒ mandalas and journaling
- ⇒ Chants
- ⇒ identifying triggers
- ⇒ progressive muscle relaxation
- ⇒ helpful resources.
- ⇒ Some topics will be covered through live experience.

Wednesday, February 10th, 2021 7:00-8:00pm

Cost- FREE Where-Online via Zoom

Instructed by: Gretchen Patti, MS, FAMI, MT-BC

Join us at the Library at Your Place

[Click Here for Full Event Details](#)