



## HealthRHYTHMS® Two-Day Facilitator Training

March 15-16, 2022

Corbly Trace, 6416 Corbly Rd., Cincinnati, Ohio 45230

### HealthRHYTHMS® Group Empowerment Drumming

HealthRHYTHMS® is a creative music-expression protocol supported by peer-reviewed scientific studies. Focusing on both biological and psychosocial outcomes, its effective stress-reduction strategy builds self-esteem, respect, and empathy in participants of all ages, backgrounds, and abilities. Trained facilitators use a 10-step protocol to foster creativity and social engagement in fun, collaborative group drumming sessions. HealthRHYTHMS® was developed by Barry Bittman, MD, neurologist and pioneer in mind-body medicine.

### Facilitator Training Objectives

- To learn the 10-step HealthRHYTHMS® protocol for engaging individuals in active music making
- To develop effective HealthRHYTHMS® group empowerment drumming facilitation skills
- To understand the science of the mind-body connection in the context of music making

*No previous musical experience is necessary to become a facilitator.*

### About the Trainer

Arlene de Silva is a Remo, Inc., approved HealthRHYTHMS® trainer and Founder and CEO of Cincinnati Music & Wellness Coalition (CMWC), the nation's first community-wide evidence-based recreational music-making wellness coalition. Founded in 2009, CMWC consists of 120 members including human service organizations, hospitals, universities, physicians, musicians, and researchers from the U.S., Switzerland, and Sri Lanka.

### Testimonials

"I will be ordering my drums soon!! You are truly an inspiration!"

"Arlene...use(s) her practical experience in training and provides relatable examples."

"I am excited to share HealthRHYTHMS® with my facility."

**Cost: \$499 for two-day session**

**For more information contact Arlene de Silva:**

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joining together  
and supporting our  
Greater Cincinnati communities  
through recreational music making