



**Join us for a virtual drumming series!**

- You don't need to own a drum-**
- You don't have to have any musical talent-**
- All you need to do is show up-**

### **WHAT ARE THE BENEFITS?**

**A wonderful distraction**

**Promotes overall wellness, relaxation and emotional release**

**A fun way to integrate mind, body and spirit**

**GO to the following link to find the trainings!**

**Location:** <https://www.tehamacohealthservices.net/events/2020-05/>

**Dates:** May 11th, 12th, 13th, 14th, 15th, 18th and 19th

**Times:** Whenever you open the link

**Brought to you by TCHSA, Behavioral Health**

**For more information**

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