

MUSIC AND MEMORY

Music Therapy Group for Individuals with Early Stage Alzheimer's

Music therapy uses research-based interventions to accomplish individualized goals within a therapeutic relationship (American Music Therapy Association, 2010).

Research shows that music therapy can potentially help patients with Alzheimer's disease in the following ways:

- Memory recall which contributes to reminiscence and satisfaction with life
 - Positive changes in mood and emotional states
 - Sense of control over life through successful experiences
 - Awareness of self and environment
 - Stimulation which provokes interest
 - Structure which promotes rhythmic and continuous movement
 - Emotional and social connection with spouses and families
- (List provided by the American Music Therapy Association, 2006).

DATE: February 1, 2023- April 5, 2023

TIME: WEDNESDAY'S FROM 4:00-5:00 P.M.

LOCATION: WALKER HALL Room 256, MARYVILLE UNIVERSITY

Cost: FREE! The music therapy sessions are available as a free service through the collaboration of Maryville University's music therapy program.

If interested, please contact Dr. Soo-Jin Kwoun, Professor of Music Therapy at Maryville University) at skwoun@maryville.edu.