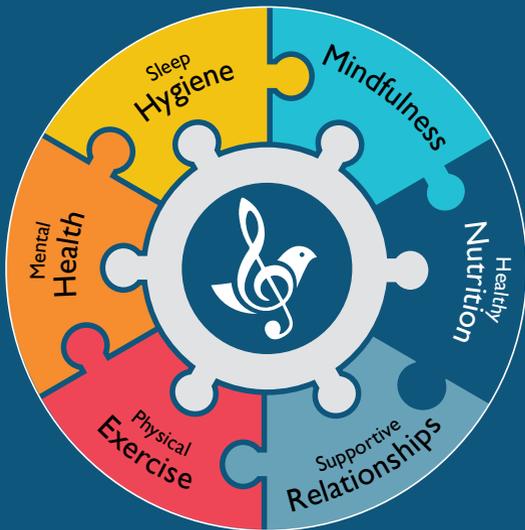


Our Programs

Our health coaches use music therapeutically to guide K-12 students to develop healthy coping skills shown to reduce rates of depression, violence and chronic diseases.

Program Themes



Fun and Student-centered Peer Group Classes

Age Groups	Weekly Session Times
K–1st Grade	30 - 45 minutes
2nd–3rd Grade	30 - 60 minutes
4th–5th Grade	45 - 60 minutes
6th–7th Grade	45 - 60 minutes
8th–9th Grade	60 minutes
10th–12th Grade	60 minutes

To build a
healthier community,
we need
everyone's help.

To make an investment or join our
community, please visit us at
Music4Health.org.

 Music
4Health®

music4health.org



 Music
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“Music4Health® classes are a must for any child or family in a period of transition. I wish my oldest had the opportunity for one of their classes before going into middle school.”

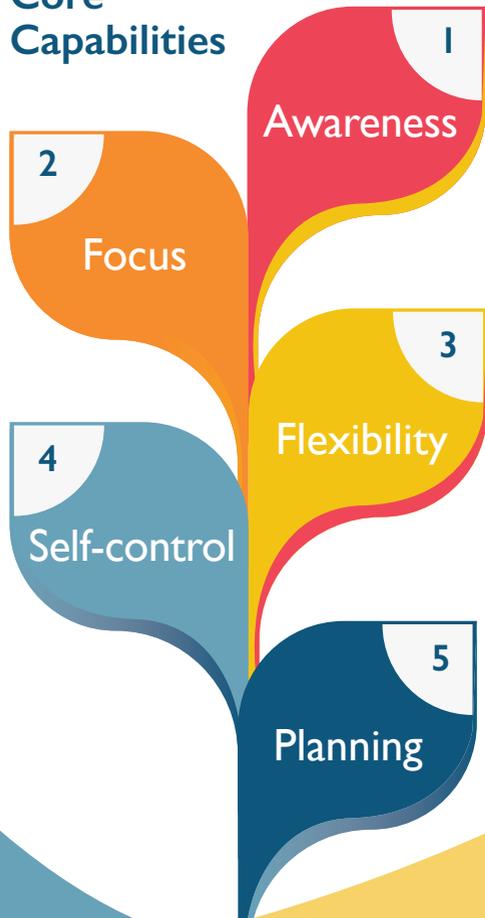
— Parent



Music4Health Class Goals

At Music4Health® we work upstream with K-12 students and guide them to learn and practice self-regulation skills to develop **core capabilities for life.**

Core Capabilities



music4health.org



Why is music used in our classes?

Music has a unique ability to transcend the limits of spoken language and provides a deeper outlet for self-expression, self-discovery and understanding, crossing all barriers of race, nationality and culture.



“My son and daughter both love these programs and have learned to express themselves and find workable solutions without the anger and frustration that was so strong before they started these classes.”

— Parent



Our Classes

Music4Health® classes are led by health coaches who are board certified music therapists and mental health professionals engaging students in musical experiences to accomplish non-musical goals.

Using bells, drums or other easily accessible percussion instruments, we use experiential musical activities as a springboard to self-awareness and consciousness about the world around us with the intention of building healthy coping skills for life.

Enroll today to set the children in your life up for success and well-being.

Class schedules and locations can be accessed at our website **Music4Health.org.**

