

HEART RHYTHMS DRUM CIRCLE



BEGINS FRIDAY, MAY 3, 2019
FIRST FRIDAY OF EVERY MONTH
5:00—7:00 P.M.
1304 Pacific Street, SLO

Our heart is a drum; it beats with a natural rhythm of life... Open your heart and connect with your body during our monthly drum circle at Hospice SLO County. When we drum together, we embrace community and escape isolation. Drumming can relieve stress, release tension and provide an outlet for anxiety.

Follow the leader for a two-hour session of drumming as a group. Participants may bring their own drum or shaker, or use an instrument provided by Hospice SLO County. Free of charge, however space is limited. Please call in advance to reserve your seat.

RESERVE YOUR SEAT:
Please call (805) 544-2266