



Come Join us!
at the
Drum Circle
(with 'Drums Alive')

~Hosted By: Cara-MT

~When: Thursdays

4:00 PM

~Where: Red River House (5/4, 5/18)
Brazos House (5/11, 5/25)

~Who: For JLW Families & Friends

~Explore ~Relax ~"Let Loose!"

~Benefits of Drum Circles~:

~Reduces Stress

~Lowers Blood Pressure

~Promotes Increased Relaxation

