



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

*~Hosted By: Cara-MT*

**~When: Thursdays**

**4:00-5:00 PM**

**~Where: Day Program  
(Front, Left Entrance)**

**~Who: For JLW Families & Friends**

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*~Explore ~Relax ~"Let Loose!"*

*~Benefits of Drum Circles~:*

*~Reduces Stress*

*~Lowers Blood Pressure*

*~Promotes Increased Relaxation*

