

HealthRHYTHMS® Two-Day Facilitator Training

HealthRHYTHMS® Group Empowerment Drumming

HealthRHYTHMS® is a creative music-expression protocol supported by peer-reviewed scientific studies. Focusing on both biological and psychosocial outcomes, its effective stress-reduction strategy builds self-esteem, respect, and empathy in participants of all ages, backgrounds, and abilities. Trained facilitators use a 10-step protocol to foster creativity and social engagement in fun, collaborative group drumming sessions. HealthRHYTHMS® was developed by Barry Bittman, MD, neurologist and pioneer in mind-body medicine.

\$499 FOR TWO-DAY SESSION

**February 5-6, 2025
8:30am - 5:30pm**

110 Compton Rd | Cincinnati, OH 45215



Facilitator Training Objectives

- To learn the 10-step HealthRHYTHMS® protocol for engaging individuals in active music making
- To develop effective HealthRHYTHMS® group empowerment drumming facilitation skills
- To understand the science of the mind-body connection in the context of music making

No previous musical experience is necessary to become a facilitator

About the Trainer

Arlene de Silva is a Remo, Inc., approved HealthRHYTHMS® trainer and Founder and CEO of Cincinnati Music & Wellness Coalition (CMWC), the nation's first community-wide evidence-based recreational music-making wellness coalition. Founded in 2009, CMWC consists of 130 members including human service organizations, hospitals, universities, physicians, musicians, and researchers from the U.S., Switzerland, and Sri Lanka.

For more information contact Arlene de Silva:
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