

"Music for the Mind, Body and Soul"



Asian Community Alliance, Inc.
The Greater Cincinnati Music & Wellness Coalition
Mayerson Jewish Community Center
Present

"2nd Health & Wellness Program"

January 23, 2010 (Saturday)

11:30am to 2pm

Mayerson Jewish Community Center
(8485 Ridge Road, Cincinnati, Ohio 45236)

LUNCH: Creative Aging is preparing meals for \$ 6.00

Asian community seniors are invited to HealthRHYTHMS Drum Circle. Please join and enjoy this "enjoyable, accessible, and fulfilling music-making experience" that is sure to bring joy and happiness. Furthermore, this experience will alleviate stress that comes from boredom, loneliness, and illness.

This time will also allow you to socialize with other Asian Community Members and make new friends.



Contact: Jiah Jung @ 513-680-1349 or jjung3365@yahoo.com

RSVP by January 20, 2010