

"Music for the Mind, Body and Soul"



Asian Community Alliance, Inc.
The Greater Cincinnati Music & Wellness Coalition
Colerain Township Senior & Community Center
Present

"Health & Wellness Program"

November 21, 2009 (Saturday)

11:30am to 2pm

Colerain Township Senior & Community Center
(4300 Springdale Rd Cincinnati OH 45251)

LUNCH and TRANSPORTATION will be provided

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.



Please call Angie Pang at 513-520-9768 if you need transportation.

RSVP by November 8, 2009