



Music Therapy – comfort and healing for your soul.

## Cancer Care - **Music Therapy**

Music can help push you forward during difficult times. It can also be therapeutic for people with cancer. It may help reduce anxiety, regulate blood pressure and reduce stress.

Music Therapy can help:

- Promote wellness
- Manage stress
- Alleviate pain
- Promote physical rehabilitation
- Express feelings
- Enhance memory
- Deepen one's relationship with themselves and the world around them

This is not a performance; the focus is not about the product so much as being in the present and engaging with the music. No music experience is necessary.

### **Music Therapy Support Group**

Group music therapy sessions provide opportunities for social support, self expression and reflection through music listening and music making experience.

### **Private Sessions**

Individual sessions are available to promote self-expression, symptom management and relaxation through personalized music experiences.

This program is made possible for anyone with cancer and caregivers, through the CentraCare Foundation.

To register, call **320-229-5100**.

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**Do you need to be a musician or have an interest in being a musician?** Participants do not need to be trained musicians or have had previous music experience to benefit from music therapy services.