



Press Release
For Immediate Release

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Drumming Heals Holiday Stress

Drum away holiday stress at eight drum circles scheduled during January for all ages in east and west Las Vegas. On the westside at Music 4 Life, Inc., in Dinosaurs & Roses at 6029 West Charleston Blvd, drum circles are scheduled on Tuesdays, Thursday and Saturdays. On the eastside at Sam Ash Music Store, 2747 S Maryland Pkwy, attend a free Music 4 Life® Community Drum Circle on Thursday, January 27, from 6-7 p.m.

"We are excited about quadrupling the amount of drum circles offered in Las Vegas," reports Music 4 Life® Founder and CEO Judith Pinkerton. "We are able to do this with generous support from Remo, Inc. providing equipment and funding." Remo President Brock Kaericher talks about his commitment to expand drum circles globally with their fifth U.S. recreation music center located now in southern Nevada at Music 4 Life, Inc.

"Remo, Inc. is delighted to be involved with the activities at 'Music 4 Life.' We continue to actively support the application of recreational group drumming as an integral component of an individual's well-being," Kaericher explains. "We believe the ongoing activities offered by 'Music 4 Life' will most assuredly prove to make a positive contribution to the lifestyle in the Las Vegas area."

Join Judith Pinkerton on Saturday, January 7 at 10:30 a.m. for "Mental Spa" (\$10 - adults only) to cleanse emotions with drumming, chanting, crystal singing bowls and meditating that fuse music therapy, Music 4 Life® and drumming protocols to transform mental and mood states in just one hour. A licensed, board-certified music therapist, Judith is the first music therapist in the world to receive this type of license, recently signed into law by Governor Sandoval.

Join "L.A." Linda Austin, a native New Yorker, on Tuesday, January 10 at 7 p.m. with "Rhythm Connections" (\$10 - adults only), a journey with visual movements delivered from the heart to connect strength with the heartbeat of the soul, creating unity, harmony and love. "L.A." is an accomplished percussionist, drum instructor and musical director at a local dance academy, having performed around the world with Winton Marsalis, Dizzy Gillespie, Roberta Flack, Maya Angelou, and for Nelson Mandela at the United Nations Summit and Oprah at her 50th birthday tribute.

Join Idris Hester, world class master percussionist who traveled the globe with Santana, Spinners and Ted Nugent, facilitating five drum circles in January at Music 4 Life, Inc.

- Saturday, January 14 at 11 a.m. for Kids Rhythm Club (\$3)
- Thursday, January 19 at 7 p.m. for Happy Hour Drumming (\$10 - adults only)
- Saturday, January 21 at 2:30 p.m. for Family Drum Circle (\$3 - all ages and abilities)
- Thursday, January 27, at 6 p.m. for Community Drum Circle (*FREE at Sam Ash Music Store*)
- Saturday, January 28 at 11 a.m. for Remembering Who We Are CommUnity Drum Circle (\$10)
- Tuesday, January 31 at 7 p.m. for HealthRHYTHMS (\$10)

Check the calendar for drum circles at www.music4life.us and network at www.meetup.com/music4life.

For more information, call 702-889-2881.