

Music 4 Life® Saves Health Care Costs

"I wasn't doing any exercise because my blood pressure would spike. My first time back at the club I was able to work out for 90-min listening to Music 4 Life® music! Now my heart rate goes up a little, but my blood pressure is fine."

Music Medicine

- Wellness coaching
- Classes, webinars, continuing ed.
- Vibro-acoustic lounge
- iTunes radio show podcasts
- Healing products and retreats

DRUM CIRCLES

- HealthRHYTHMS
- Kids Rhythm Club, Family Drum Circle
- Happy Hour Drumming
- Healing Drum Circles
- Mental Spa for Women
- Primal Beats for Men
- DRUMMUNICATION programs/products
- drumSPEAK: Djembe Technique
- Rhythm Connections

"I work with small groups of children and purposefully use Music 4 Life® to effectively reduce anger problems."

Music Therapy individual and group sessions provide the clinical use of music interventions to accomplish individualized goals within a therapeutic relationship by a licensed, credentialed professional who has completed a music therapy program approved by the Nevada State Board of Health.



For healing programs and products, corporate trainings, convention events, and transformative staff in-services, contact: Music 4 Life, Inc.



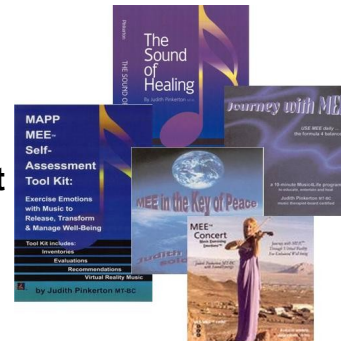
located on  Solutions
Wellness Campus

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Online shopping cart at Music4Life.us



"Music 4 Life® has opened my mind and heart to the power we have within us to create a life of health, joy, well-being and fellowship. It has brought me closer to understanding myself."



Judith Pinkerton MT-BC /L
Founder/CEO, Music 4 Life, Inc.

Author
Radio Show Host
Inspirational Speaker
Recording Artist — Violin
Licensed Board-Certified Music Therapist

Music 4 Life®
Wellness & Education Center
Heal and Gain Energy

OCTOBER CALENDAR

Music Medicine

DRUM CIRCLES

Music Therapy



We are a global community of Music 4 Lifers who challenge the status quo by thinking differently. We empower people to be self-responsible for their health with easy, accessible, inexpensive ways to save health care costs.

Music 4 Life® October 2012 Program Calendar

Week of	Oct 1	Music 4 Life® Drum Circle or Music Medicine	Time	Fee
Mon	Oct 1	Make the drumSPEAK: Fundamental Djembe Drumming	6:30-7:30pm	\$80 for 4 classes or \$30/class
Tue	Oct 2	DRUMMUNICATION 1A: A Transformational Experience	6:30-8:00pm	\$80 for 4 classes or \$30/class
Wed	Oct 3	DRUMMUNICATION II: A Transformational Experience	6:30-8:00pm	\$160 for 8 classes or \$30/class
Thu	Oct 4	Introduction to Music as Medicine	6:30-7:30pm	\$20 self-assmt + book or healing CD
Fri	Oct 5	First Friday Drum Circle	6:00-7:00pm	FREE
Sat	Oct 6	Follow the Beat to Your Heart: Vision and Goal	3:00-4:30pm	\$25
Week of Oct 8				
Mon	Oct 8	Make the drumSPEAK: Fundamental Djembe Drumming	6:30-7:30pm	pre-paid
Thu	Oct 11	Happy Hour Drumming	6:30-7:30pm	\$5 with your drum, \$10 with M4L Drum
Sat	Oct 13	Kids Rhythm Club	9:30-10:15am	\$4 or \$15/family of 4
Sat	Oct 13	Primal Beats Drum Circle for Men	1:00-2:00pm	\$10
Sat	Oct 13	Follow the Beat to Your Heart: Resistance	3:00-4:30pm	\$25
Week of Oct 15				
Mon	Oct 15	Make the drumSPEAK: Fundamental Djembe Drumming	6:30-7:30pm	pre-paid
Tue	Oct 16	DRUMMUNICATION 1A: A Transformational Experience	6:30-8:00pm	pre-paid
Wed	Oct 17	DRUMMUNICATION II: A Transformational Experience	6:30-8:00pm	pre-paid or \$30/class (pre-requisite)
Thu	Oct 18	HealthRHYTHMS Drum Circle	6:30-7:45pm	\$10
Sat	Oct 20	Family Drum Circle	1:30-2:30pm	\$4 or \$15/family of 4
Sat	Oct 20	Follow the Beat to Your Heart: Acceptance and Surrender	3:00-4:30pm	\$25
Week of Oct 22				
Mon	Oct 22	WEBINAR Music as Medicine 101 & 102 - 5.0 hrs cont. ed.	12:00-5:30pm	\$75 online webinar classes
Mon	Oct 22	Make the drumSPEAK: Fundamental Djembe Drumming	6:30-7:30pm	pre-paid
Tue	Oct 23	DRUMMUNICATION 1A: A Transformational Experience	6:30-8:00pm	pre-paid
Wed	Oct 24	DRUMMUNICATION II: A Transformational Experience	6:30-8:00pm	pre-paid or \$30/class (pre-requisite)
Thu	Oct 25	Rhythm Connections: Listen to Your Heartbeat Drum Circle	6:30-7:30pm	\$10
Fri	Oct 26	Music as Medicine 101 & 102 - 5.0 hours continuing ed.	9:00am-2:30pm	\$75 onsite Las Vegas classes
Sat	Oct 27	Follow the Beat to Your Heart: Meaning Making & Limiting Beliefs	3:00-4:30pm	\$25
Week of Oct 29				
Mon	Oct 29	Community Full Moon Healing Drum Circle	6:00-7:45pm	\$20
Tue	Oct 30	DRUMMUNICATION 1A: A Transformational Experience	6:30-8:00pm	pre-paid or \$30/class
Wed	Oct 31	Halloween Family Fun Fest Drum Circle	6:00-8:00pm	\$4 or \$15/family of 4

**For more information, visit Music4Life.us calendar or Tel 702-889-2881
Network and receive event emails at Meetup.com/Music4Life**