

**About Music 4 Life®  
& Judith Pinkerton, MT-BC/L**



**History**

Music 4 Life® grew out of Judith Pinkerton's hospital experience in the 1980's when her solo violin music replaced routine post-surgical medication. As a licensed music therapist, author, recording artist and instructor, Judith created accredited workshops, healing CDs and music therapy protocols which are nationally recognized in effective music-based stress management for healing emotional crisis and trauma.

Now located on the Solutions Wellness Campus, Judith engages a team of professionals assisting people with stress management, mental health, addictions, habilitation, and court-ordered programs.

**Dedication**

Music 4 Life® staff empower people to be responsible for their health with easy, accessible, inexpensive programs and products saving health care costs.

**Commitment**

Our core values are compassion, courage, creativity, enthusiasm, honesty, joy, love, purpose, respect, and responsibility.

**Service**

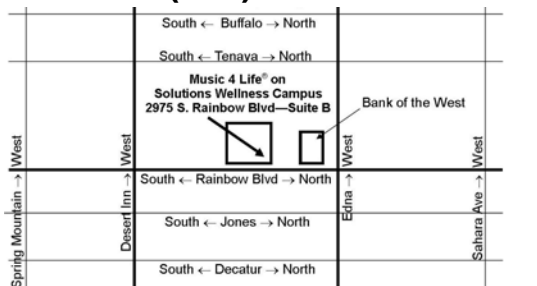
We teach user-friendly life skills that access music differently through Music Therapy, Music Medicine, Wellness Classes and Drum Circles.

**Music 4 Life®**

**Health Club & Training Center**

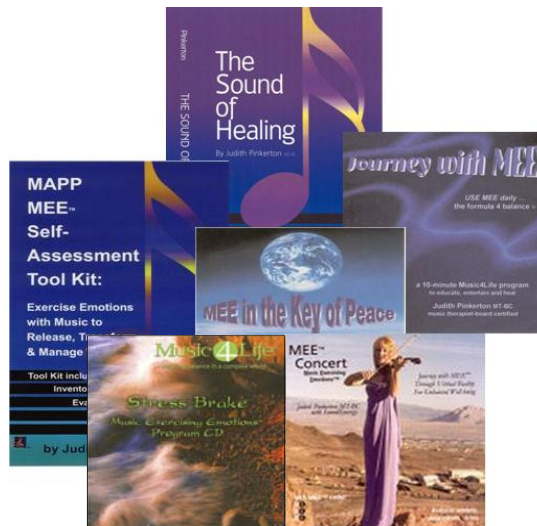
2975 South Rainbow Blvd, Suite B  
Las Vegas, NV 89146

**Call (702) 889-2881**



*"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." —Sherry, administrator*

Visit the online shopping cart  
[www.Music4Life.us](http://www.Music4Life.us)  
Email Management@Music4Life.us



**MEMBERSHIP  
HEALTH CLUB**

for

**Body-Mood-Mind-Spirit**

**Music 4 Life®**



**Join us!  
Music 4 Lifers  
think & act differently  
to build happiness.**

**JUNE 2013  
CALENDAR INSIDE**



Judith Pinkerton's  
**Music 4 Life®**  
Health Club & Training Center

# Music 4 Life® Health Club & Training Center

## Heal and Gain Energy...

for as little as \$20/month membership, or access collaborative programs and products, corporate trainings, convention events, and transformative staff in-services.

## WELLNESS CLASSES—WC

“Lunch & Learn” and “Breakfast Byte” with AmyFrost.com ignite your pilot light with a positive mindset supported by simple tools and music medicine to keep it lit in the wind storms of life — food & drink included.

## Music Medicine—MM

- Radio show & podcasts
- Healing music CDs
- Vibro-acoustic lounge
- Healing retreats and products
- Boot camps, webinars, continuing ed.



## DRUM CIRCLES—DC

- HealthRHYTHMS
- Happy Hour Drumming
- Full Moon Drum Circle
- Primal Beats for Men
- Family Drum Circle
- Kids Rhythm Club
- drumSPEAK: Djembe Rhythms
- DRUMMUNICATION: Power of the Drum



## 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.

# Music 4 Life® June 2013 Program Calendar

“I work with small groups of children and purposefully use Music 4 Life® to effectively reduce anger problems.”  
— Judy P., school counselor

## BECOME A HEALTH CLUB MEMBER — \$20/month saves 50-80%!

Week of	June 2	Drum Circle - DC	Music Medicine - MM	Wellness Class - WC	Time	Fee	
Sun	June 2 - JUDITH PINKERTON RETURNS AFTER SPEAKING IN MONTEGO BAY, JAMAICA FOR INTERNATIONAL WOMEN'S FORUM "MUSIC: AN INSTRUMENT FOR CHANGE"						
Mon	June 3	REMO - JOHN FITZGERALD, Manager, Recreational Music Activities			2:00-4:00pm	FREE EVENT	
DC	Mon	June 3	DrumSPEAK: Djembe Rhythms (adults)			6:30-7:30pm	FREE to MEMBERS or \$15
DC	Tue	June 4	DRUMMUNICATION: The Power of the Drum (adults)			7:00-8:30pm	FREE to MEMBERS or \$25
MM	Wed	June 5	Music Medicine Boot Camp: Identify Healing Music (adults)			6:45-8:00pm	FREE to MEMBERS or \$20
WC	Thu	June 6	Lunch & Learn: Dealing with Difficult People (adults) RSVP 702-889-2881			Noon-1:00pm	FREE to MEMBERS or \$10
DC	Sat	June 8	Kids Rhythm Club (kids and parents/caregivers)			10:30-11:15am	FREE to MEMBERS or \$4-\$15/family4
DC	Sat	June 8	Primal Beats Drum Circle for Men			1:00-2:00pm	FREE to MEMBERS or \$10
Week of June 9							
DC	Mon	June 10	DrumSPEAK: Djembe Rhythms (adults)			6:30-7:30pm	FREE to MEMBERS or \$15
WC	Tue	June 11	Breakfast Byte: Dealing with Difficult People (adults) RSVP 702-889-2881			8:00-9:00am	FREE to MEMBERS or \$10
DC	Tues	June 11	DRUMMUNICATION: The Power of the Drum (adults)			7:00-8:30pm	FREE to MEMBERS or \$25
MM	Wed	June 12	Music Medicine Boot Camp: When Music is Right or Wrong (adults)			6:45-8:00pm	FREE to MEMBERS or \$20
DC	Thu	June 13	Happy Hour Drumming (adults)			6:30-7:30pm	FREE to MEMBERS or \$10
Week of June 16							
DC	Mon	June 17	DrumSPEAK: Djembe Rhythms (adults)			6:30-7:30pm	FREE to MEMBERS or \$15
DC	Tue	June 18	DRUMMUNICATION: The Power of the Drum (adults)			7:00-8:30pm	FREE to MEMBERS or \$25
MM	Wed	June 19	Music Medicine Boot Camp: Create Music Medicine Play Lists (adults)			6:45-8:00pm	FREE to MEMBERS or \$20
WC	Thu	June 20	Lunch & Learn: Living Your Passion at Any Age! (adults) RSVP 702-889-2881			Noon-1:00pm	FREE to MEMBERS or \$10
DC	Sat	June 22	Family Drum Circle (kids and parents/caregivers)			2:30-3:30pm	FREE to MEMBERS or \$4-\$15/family4
Week of June 23							
DC	Sun	June 23	Full Moon Drum Circle and Meditation (all ages)			6:00-7:45pm	FREE to MEMBERS or \$10-15
DC	Mon	June 24	DrumSPEAK: Djembe Rhythms (adults)			6:30-7:30pm	FREE to MEMBERS or \$15
WC	Tue	June 25	Breakfast Byte: Living Your Passion at Any Age! (adults) RSVP 702-889-2881			8:00-9:00am	FREE to MEMBERS or \$10
DC	Tue	June 25	DRUMMUNICATION: The Power of the Drum (adults)			7:00-8:30pm	FREE to MEMBERS or \$25
WC	Wed	June 26	From Burnout to Inspiration - Celebrating Service of Nonprofit Professionals			6:00-8:00pm	FREE EVENT
DC	Thu	June 27	HealthRHYTHMS Drum Circle (adults)			6:30-7:30pm	FREE to MEMBERS or \$10

“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.” — G. Eric, actor

All programs are located at Music 4 Life, Inc. Book your next event at Music 4 Life®! For more information, call 702-889-2881 or visit [www.Music4Life.us](http://www.Music4Life.us)