

MUSIC

for relaxation and self-expression

What: In Music Therapy we use our voices and instruments as a way to express how we're feeling, communicate with others in a non-verbal way, learn relaxation techniques, and just feel good! **No musical experience / training / "talent" required!!**

When: Fridays, 1:00-1:45

Where: NY Harbor Club room 2694

Who: You! Open to all veterans.

Drop-ins welcome

For more info, contact Sarah Stein, MT-BC, LCAT at

(212) 686-7500 ext. 7703