

## **Play Drums & Rhythm to Elevate your:**



- **Health and Fitness Level**
- **Athletic Skill / Timing**
- **Communication Skills**
- **Confidence & Social Life**



Area percussionist & neuroscientist Stephen Dolle facilitates this amazing Drum & Rhythm workshop to improve fitness and health, balance, coordination, athletic skill, and personal confidence.

CLASSES: Newport Peninsula, or on location COST: \$25.00 ea.

CONTACT: (714) 749-0851 [www.DolleCommunications.com](http://www.DolleCommunications.com)



Percussion instruments are played to connect time-space acuity with movement in a 90 minute workshop. Rhythms cue movement, as hands, feet, and core create syncopation. Each rhythm and instrument creates a specific movement that impacts our general and mental health, how we move, and skill in sports and physical activities. Stephen is a medical consultant & hand percussionist with extensive experience in health, wellness, sports, and music.

### **Benefits of Group Drumming include:**

- » Improves overall Health & Fitness (Bitman et. al., Remo Co., Dolle)
- » Reduces personal and workplace stress (Bitman et. al., Remo Co.)
- » Improves outcomes and survival from cancer (Bitman et. al)
- » Improves sensory and mobility limitations associated with autism, Parkinson's Disease, PTSD, post-TBI, MS, hydrocephalus and other neurological disorders (Bitman et. al., Dolle, Thaut et. al.)

SEE our Power Point presentation on: "[The Rhythms of your Brain](#)"

SEE our application of Group Drumming in [Football](#)

### **Keynotes & Group Drumming Workshops**

Call for Pricing and Availability

**[www.DolleCommunications.com](http://www.DolleCommunications.com)**

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