

## Play Drums & Rhythm to Fix your:



- **Mobility Problems**
- **Sensory Integration Disorder**
- **Balance / Coordination**
- **Confidence and Social Life**



Percussionist & neuroscientist Stephen Dolle conducts rhythm & movement workshops for seniors, persons suffering neurological, movement disorders, and those wanting to improve athletic skill.

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

CALL: Stephen [DolleCommunications.com](http://DolleCommunications.com) (714) 749-0851



Percussion instruments are played to connect your time-space awareness with physical movement. Rhythms cue your body, as hands, feet, and body create syncopation. 90-minute workshop improves balance, coordination, mobility, sensory disorders, and increases confidence. Stephen is a medical consultant and researcher with experience in neurological disorders, chronic disease, mind/body medicine, sports, percussion, and music.

### The 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 2002 study on Sensory Integration Processing & Room Noise

SEE our Power Point presentation on: "The Rhythms of your Brain"

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

Call for Pricing and Availability

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

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