



PIEDMONT MUSIC THERAPY, LLC

OFFERS NEW GROUP FOR OLDER ADULTS:

WHO: Older adults interested in participating in Music & Memories Group facilitated by a music therapist.

WHAT: This group will focus upon celebrating your past and its effects on current life experiences. Attendees will take a musical trip down memory lane through listening to live music, creating music with provided instruments or personal instruments brought by folks attending.

WHY: Evidence shows that a life-review group can be uplifting for your emotions, in addition to the health benefits of the arts.

WHEN: Saturdays 1:30-2:45pm: 10/19, 10/26, 11/2, 11/9, and 12/7 and *12/14

*Intergenerational Group

WHERE: Piedmont Music Therapy's Clinic/Studio at 220 Westinghouse Boulevard, Suite #402 in Charlotte, NC. Labeled entrance is easiest to spot past handicapped parking spaces in brick corridor near benches.

HOW: Required registration in advance via Phone or PMT Website. Cost is \$20/group with reduced rate for friend or family also in attendance.

ABOUT THE FACILITATOR:

- [Rose O'Toole, MT-BC, Neurologic Music Therapist](#) received her undergraduate degree in music therapy at Queens University of Charlotte in 2014 with a concentration in voice. After completing her clinical internship working with hospice patients at VITAS Healthcare in Fort Lauderdale, Florida, Rose moved back to Charlotte, NC to begin work at a retirement community in South Park. Her speciality populations are individuals with or care partners of loved ones with Parkinson's Disease, Alzheimer's and Dementia. She received Neurologic Music Therapy training from Michael Thaut at the annual Neurologic Music Therapy Conference in 2016.