## **Rhythmic Times**

Join Marissa Humburg, a music therapist, and other adults for an enriching time creating new rhythms through singing, reminiscing and playing percussion instruments. Participants are welcome to bring in other

instruments and add their own sound to group.



## Mankato & North Mankato

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A Mankato & North Mankato ACT on Alzheimer's arts program! This group is designed for people living with Alzheimer's and related dementias, family members and friends.

Tuesdays, 1:15-2:15 pm January 14, 28 • February 11, 25 March 11 • April 8, 22 • May 13, 27 Join anytime! No cost. No registration required. Location: Hosanna Lutheran Church, 105 Hosanna Drive, Mankato Questions: Contact Marissa at southernminnesotamt@gmail.com or (507) 995-2102.

SOUTHERN MINNESOTA MUSIC THERAPY







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