

# 2019 Continuing Education for Lyngblomsten Volunteers



## LIFELONG LEARNING & THE ARTS

*Sessions will focus on empowering and educating volunteers on a variety of lifelong learning and arts topics.*

**Who's it for?** *Current and new Lyngblomsten volunteers who are interested in learning about arts, wellness, and lifelong learning programs.*

## Wednesday, February 6: Music & Movement

9–11:30 AM in the Newman-Benson Chapel at Lyngblomsten

FREE! | *Presenter: Cheri Bunker from HealthRHYTHMS Drumming*

Attending this session counts as three hours of service.

Join us to learn about the many uses of music and movement when volunteering with Lyngblomsten. Discuss music and movement strategies and techniques to serve older adults who have varied ability levels and experience. Topics will include:

- Music and Movement for Connection (Social Engagement);
- Music and Movement for Health Benefits (Physical & Cognitive); and
- Music and Movement for Fun (Stimulation)

We will introduce many approaches and activities, and discuss the evidence behind making music and movement part of the Arts & Lifelong Learning programming throughout Lyngblomsten.

Come learn about the music and movement opportunities currently offered through Lyngblomsten, as well as potential new opportunities waiting to be developed with the support of valuable volunteers such as yourself! Join us for a fun-filled learning experience alongside other Lyngblomsten volunteers—together, we make a difference!

**TO REGISTER:** Contact Shelli Beck at (651) 414-5297 or [sbeck@lyngblomsten.org](mailto:sbeck@lyngblomsten.org).

## Want to become a Lyngblomsten volunteer?

Contact Peggy Cerrito at (651) 632-5406 to register for an upcoming New Volunteer Orientation, or visit [www.lyngblomsten.org/volunteer](http://www.lyngblomsten.org/volunteer) to learn more.



*Healthcare, Housing, & Services for Older Adults*  
[www.lyngblomsten.org](http://www.lyngblomsten.org)

