



# Register for Natures Beat HealthRHYTHMS® Group Empowerment Drumming

**Thursdays, April 15 - May 20 @ 7:30 PM**  
**at Schwartz Family Chiropractic**  
**301 Hempstead Ave.**  
**Malverne, NY**

## **Women's Destress Group Empowerment Drumming Series**

*This is a special introductory price.*

- 6 Sessions Pre-Paid \$150.00 (Save \$30!)**
- 4 Sessions Pre-Paid \$100.00 (Save \$20!)**
- 1 Session \$30.00**

- April 15**     **April 22**     **April 29**
- May 6**     **May 13**     **May 20**    **\_\_\_ x \$30 = \_\_\_\_\_**

*To pay by credit card, please visit [www.NaturesBeat.com/pay](http://www.NaturesBeat.com/pay)*

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_ Postal/Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

*For more information contact Robyn Van Praag at 516-924-1168 or visit [www.NaturesBeat.com](http://www.NaturesBeat.com).*

The one-hour session will integrate group drumming with proven health strategies to support participants in their quest for well-being.

A wide variety of drums and other percussion instruments will be provided for all participants.

This program will be based upon the HealthRHYTHMS® protocol developed from medical research that shows the health benefits of drumming with a group, including stress reduction, mood improvement and a boost to the immune system.

HealthRHYTHMS® was developed after leading neurologist and mind-body researcher Dr. Barry Bittman, MD led a renowned research team in the first biological study on the effects of group drumming in 2000. Subsequent published research supports the program. For more information, visit [www.remo.com/health](http://www.remo.com/health)

### Cancellation Policy

No refunds or cancellations. No make-up dates. Natures Beat reserves the right to cancel or postpone the training due to unforeseen circumstances or if a minimum acceptable registration level is not achieved 30 days before training date. If such an unlikely event occurs, your registration fee will be refunded in full. However, Natures Beat is not responsible for any other program expenses (travel, etc.) you might have incurred.