

# Joyful Jams

## Music, Connection and Joy

Music stimulates our long-term memory. Even throughout the course of dementia, we are still able to access favorite lyrics and tunes associated with happy memories. Research shows music has the power to tap into our emotions — decreasing agitation and anxiety, fostering socialization, providing relaxation, improving mood and so much more.

Join us on Thursdays for Music, Connection and Joy, led by our campus music therapist, Amanda Marcum, MT-BC. Together, we will enjoy familiar songs and find connection through the magic of music.

### 1-2 p.m. Thursdays

excludes major holidays

#### **Dementia Care and Education Campus**

Education Center 3811 N. 44th St., Phoenix, AZ 85018

#### Questions? email events@dementiacampus.org or call (602) 767-8300

Open to all those with dementia and their care partners.



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An innovation of Hospice of the Valley