



What is Music 4 Life®?

A global community who challenge the status quo by living differently, harnessing the power of music medicine to heal, survive and thrive with career development, job maintenance and revolutionary life support. Music 4 Life® empowers people to be responsible for their health with easy, accessible, inexpensive programs and products to save healthcare costs.

User-friendly life skills are taught through our four divisions...

1. Music Therapy
2. Music Medicine
3. Drum Circles
4. Wellness Circles

Music 4 Life® and First Friday Las Vegas

This month First Friday Las Vegas is excited to partner with the Music 4 Life® team to bring their state of the art life skills programs to the Downtown Las Vegas community. There will be 3 workshops hosted in the Emergency Arts Building this October that community members are encouraged to attend. Please find the details below:

Day 1: Wellness Circle

Stress Management Skills for Busy People

Description:

Life is incredible, but also can be very stressful. Things can change without warning, and it's important to be prepared. This class was created to help you build your capacity to deal with more stress in life. Use mental fitness tools real time, building the proper muscle to increase resiliency to stress! Walk away feeling better and have fun in the process! Don't wait 'til later for damage control - do sanity control now!

Date: 10/09/14

Time: 5:30 pm to 7 pm

Teacher: Amy Frost, [Delivering Happiness blogger](#)

Day 2: Music Medicine

Does your music increase your capacity to handle stress?

Description:

It is no secret that stress is the #1 killer in the U.S. Our bodies need a balanced music diet, just like it does nutrition and exercise to support a healthy mind, body and spirit. There are 3 energies required in this diet of reorganizing your playlists. Learn how you can take control of your music listening habits to handle more stress. Listen to the TEDxUNLV Talk: ["Music Powers Potential: Building Mental Fitness"](#)

Date: 10/16/14

Time: 5:30 pm - 7 pm

Teacher: Judith Pinkerton, TEDx speaker

Day 3: Happy Hour Drumming

Description:

No cocktails needed (none served) as we drum up happiness! No experience needed, and those with experience are harnessed! Music 4 Life® provides the drums and rhythm instruments, and feel free to bring your favorite noisemaker!

Date: 10/23/14

Time: 5:30 pm – 7:00 pm

Teacher: G Eric Miles, [First Friday Las Vegas drum circle facilitator](#)