



# Music for WELLBEING

**SPECIAL PRESENTATION**

with **ZARA THOMPSON** MUSIC THERAPIST & RESEARCHER

Share your passion for music and learn :

- how music can support your health and wellbeing
- about the scientific research behind music therapy for older adults

**JOIN IN AND ENJOY A SHORT  
GROUP SING ALONG**

Feel Good  
**Live Well**

Monday  
**20th January**

2.00 - 3.00pm

**Canterbury Centre,  
2 Rochester Rd,  
Canterbury**

**NO EXPERIENCE OR  
MUSICAL SKILL REQUIRED!**

**Cost: Gold coin donation**

Stay for lunch at 12.30pm

**\$12** for a delicious 3 course meal

**Transport: \$5** each way (booking required)

**Bookings/enquiries: 9880 4709 or email [socialsupport@basscare.org.au](mailto:socialsupport@basscare.org.au)**



**BOROONDARA AGED SERVICES SOCIETY**

**ENQUIRIES**

**9880 4709**

**WEBSITE**

**[basscare.org.au](http://basscare.org.au)**

**FACEBOOK**

**@BASScareAgedCare**