



Rhythm For You™

682-730-6101

info@Rhythm4you.org

Rhythm Care™



Our Passion is our Mission
Enrich the Minds, Health, Hearts, and Spirits of all people with healing Laughter, Smiles, and Joy through rhythm and movement.



What We Do

Our Rhythm Care™ team are professional rhythmists who provide therapeutic rhythmic drumming and music making activities using percussion instruments from around the world combined with an evidence-based, Mind-Body wellness HealthRhythms® protocol developed by neurologist Dr. Barry Bittman. We create a trusting, safe, inspired, creative, and transforming space for all ages and walks of life. Our Rhythm Care™ sessions will improve Quality of Life, elevate Self-Determination, and foster a deeper sense of Well Being in all who actively participate!



Rhythm Care™

10 Step evidence-based Protocol



1. Introduce Rhythm Care™
2. Wellness Exercise
3. Breaking the Ice
4. The A-B-C's of drumming
5. Rhythmic Naming
6. Entrainment Building
7. Inspirational Beats
8. Guided Imagery Drumming
9. Wellness Exercise
10. The Finale!



How We Do What We Do

- ☉ We customize and adapt the protocol for each community we serve, always incorporating play, talking, smiling, laughter, and fun.
- ☉ We bring drums, percussion instruments, and other sound-making instruments and set them up in your facility with chairs you provide to accommodate the group size you want to participate.
- ☉ We begin with a short introduction to Rhythm Care™. Next, a wellness exercise gets the group feeling good and focused on being in the moment. Then, the collective group actively participates, elevates their well being, and has a great deal of fun! We end the session with everyone feeling better than when they came in.
- ☉ We hand out a feedback form to measure impact and outcomes so we can improve our service.
- ☉ We serve clients in one-to-one and group settings of up to 15 participants. We can make exceptions for larger groups.



www.rhythm4you.org

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Why We Do, What We Do

Everyone knows that Rhythm is a universal language and has served others in improving the health of the Mind, Body and Spirit for centuries

Numerous clinical and non-clinical studies have been performed over past decades to better understand the reasons why music has such an impact. Some of the reasons remain unknown because the body is so complex. Yet the measurable outcomes continue to fascinate the scientific community as we learn more about the connections between using our senses, the mind and positive measurable biological change. Everyone is unique and everyone experiences a different effect in the application of the evidence-based protocol we apply. The most wonderful thing that happens is everyone who experiences our protocol walks away from the experience feeling a sense of improved Well Being.

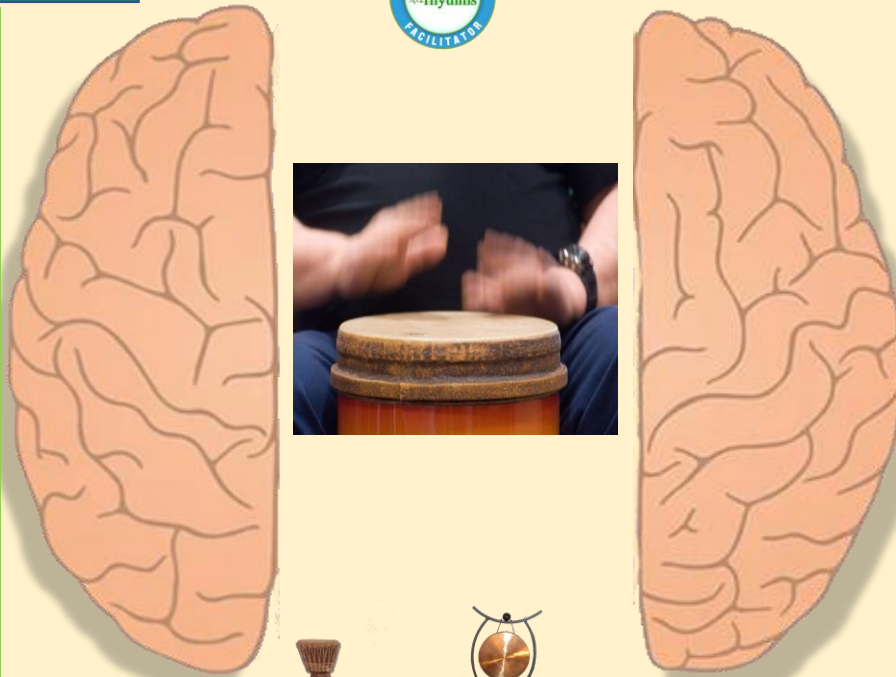
Benefits of Our Services

Rhythm Care™



▲ INCREASES

- Neurogenesis
- Energy Levels
- Working Memory
- Concentration
- Physical Wellness
- Mental Wellness
- Neuroplasticity
- Mental Clarity
- Immune System
- Cognitive Reserve
- Self-Awareness
- Brain Performance



▼ DECREASES

- Anxiety
- Stress
- Tension
- Depression
- Blood Pressure
- Aggression
- Brain Shrinkage
- Cortisol
- PTSD Symptoms
- Memory Loss
- Loneliness
- Brain Fog

