

## MUSIC MEDICINE (155)

Tuesday, 10:30 – 12:00, in Choir Room (One-day Class, 2/14)

**Tuition \$10**

Limited to 30

Why do we call it music medicine? Because you don't need a prescription, insurance, or money to benefit from listening to music! No singing or performing in this class, just sitting back and enjoying some amazing music videos! Learn why listening to music gives us goosebumps and is one of the best natural things we can do for our health! Music! Listening to music inspires us, heals us, and changes us! In this class, we will talk about why and how music touches us so deeply. Rhythm, melody, harmony, and silence affect our bodies, hearts, and minds in amazingly different ways.

Secondly, we will watch music videos of several contemporary Christian songs, learning the back stories that inspired the artists! Come and learn why there's truly hope in front of us!

**Nancy Starewicz** is a school psychologist who has worked with students and families for over 30 years. She was born and raised in Alexandria, Minnesota. She attended Valparaiso University and Loyola University, earning her BA and M.Ed. degrees in Educational Psychology. In 1990, she was named Outstanding School Psychologist for the state of Indiana. She taught Psychology of Learning at Purdue University for seven years. She is married to Doug, a retired educator and coach. They have three adult children and two grandchildren. Since retiring from her full-time job in 2008, Nancy has written eight books about her Wheaten Terrier Lucky, and they have visited thousands of students in Indiana, Minnesota, and Florida. During their interactive programs, students, teachers, and parents hear about Lucky and see her demonstrate her "good behaviors!" All the Lucky books have universal messages for all ages emphasizing empathy, listening, trust, being thankful, and friendship. Nancy says she writes her books about important life lessons she has learned from Lucky.