



## Friday, Sep 15

**4:00-5:00 pm**

**Registration**

**5:00-6:00 pm**

**Dinner Break**

**6:00-6:05 pm**

**Welcome & Introduction of Presenters**

Alyssa Janney, HealthRHYTHMS Manager

**6:05-7:00 pm**

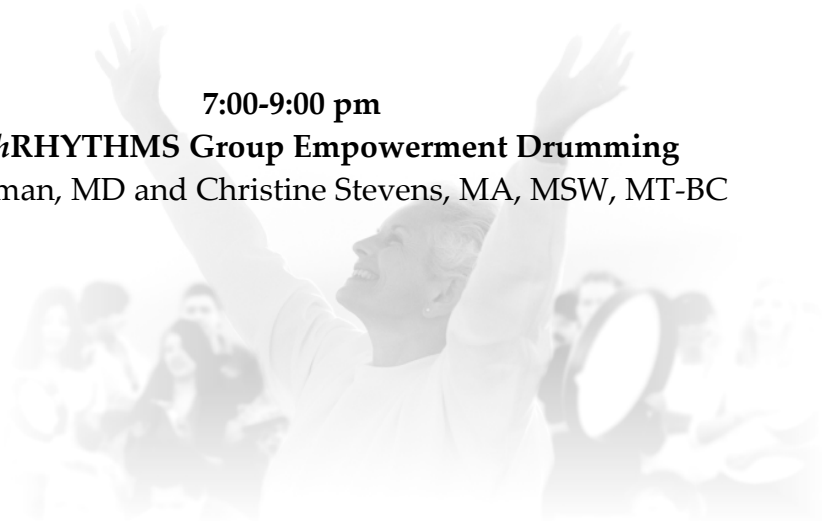
**Opening Lecture - Integrative Medicine & Music**

Barry Bittman, MD

**7:00-9:00 pm**

***HealthRHYTHMS* Group Empowerment Drumming**

Barry Bittman, MD and Christine Stevens, MA, MSW, MT-BC





**health**  
rhythms

**Saturday, Sep 16**

**8:30 – 9:30 a.m.**

**Discovering Rhythmacology**

Christine Stevens, MA, MSW, MT-BC

**9:30 p.m. – 9:45 p.m.**

**About Drums**

Paulette Milewski

Director of Music Therapy Services, West Music

**10:00-11:00a.m.**

**The Biology of Drumming**

Barry Bittman

**11:15-12:15p.m.**

**The Biology of Drumming (Cont)**

Barry Bittman

**12:15 p.m. – 2:00 p.m.**

**Lunch & Break**

**2:00 p.m. – 3:45 p.m.**

**The Art of Facilitation**

Christine Stevens

**4:00 – 5:30 p.m.**

***HealthRHYTHMS* Group Empowerment Drumming Protocol (small groups)**

Barry Bittman & Christine Stevens

**5:30 – 6:30 p.m.**

**Guided Imagery Drumming**

Barry Bittman & Christine Stevens



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**Sunday, Sep 17**

**8:30 – 9:15 a.m.**  
**Protocol Review**

**9:15 – 10:45A**  
**Wisdom in Practice – Creating the Perfect Fit**  
Barry Bittman & Christine Stevens

**10:45 – 11:00A**  
**HealthRHYTHMS Facilitators Business Kit**  
Alyssa Janney

**11:00 a.m. – 11:45 a.m.**  
**Guided Imagery Drumming Practice**  
Christine Stevens

**11:45 a.m. – 1:00 p.m.**  
**Lunch**

**1:00 – 2:45 p.m.**  
**Facilitating Special Needs Groups**  
**Practicing Facilitation (small groups)**  
Barry Bittman & Christine Stevens

**2:45 – 3:00 p.m.**  
**Closing Ceremony**