



EGGLESTON- BRAIN INJURY SERVICES P.U.S.H.

WITH MYRA SMITH
June 20th @ 10:30 AM

P.U.S.H. (People using song/sound to heal): This program is great for those living with PTSD, trauma, chronic illness, and much more. It is a wonderful mix of breathing exercises, songwriting, sound therapy, ear training , vocal pedagogy, and vibrations.

