



NEWPORT NEWS PUBLIC LIBRARY P.U.S.H.

WITH MYRA SMITH

AUGUST 13TH, 2022 AT 2 PM EST

You don't want to miss this!

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.

See you there!

