



**NORFOLK HEALTHCARE AND REHABILITATION CENTER
P.U.S.H.
WITH MYRA SMITH
JULY 11TH AT 2 PM**

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!



ACCLAIM
AT EAST BEACH

