

Teamwork

Support

Drumming

Empowerment

Music

Self-Expression

Health RHYTHMS

Spirituality

Exercise

Beat

Rhythm & Food

Feeding Body, Mind and Spirit

Reduce Stress,

LAX Food Pantry

Westchester United Methodist Church has been a sponsor of the LAX Food Pantry since its inception in 1985 – we have been feeding the hungry for 36 years!

Did you know? 1 in 5 people experience food insecurity in Los Angeles and in Los Angeles County, over 480,000 children suffer from food insecurity.



Didi Hirsch Mental Health Services

- We support mental wellness through our partnership with Didi Hirsch Mental Health Services. Pastor Lyda received the “Hero of Hope” Award for her work in Suicide Prevention & Awareness.

Did you know? 1 in 5 children experience mental illness and rising rates of major depression. 2 in 5 adults experience clinical-levels of depression and anxiety.



Rhythm & Food ... feeding mind body and spirit

- A shared meal and recreational music-making through group empowerment drumming reduces stress and anxiety, increases self-respect and respect for others, and creative expression. Eating together combats feelings of isolation and loneliness, and builds community.





Rhythm & Food ... feeding mind, body and spirit

- Our partnership with the LAX Food Pantry, Didi Hirsch Mental Health Services, and REMO drums, have empowered us to create Rhythm and Food to address mental and physical wellness and hunger.

Rhythm & Food ... feeding body, mind and soul

Rhythm & Food offers the opportunity to find that center in your soul where your heart is strengthened by joy, celebration, rhythm and food.

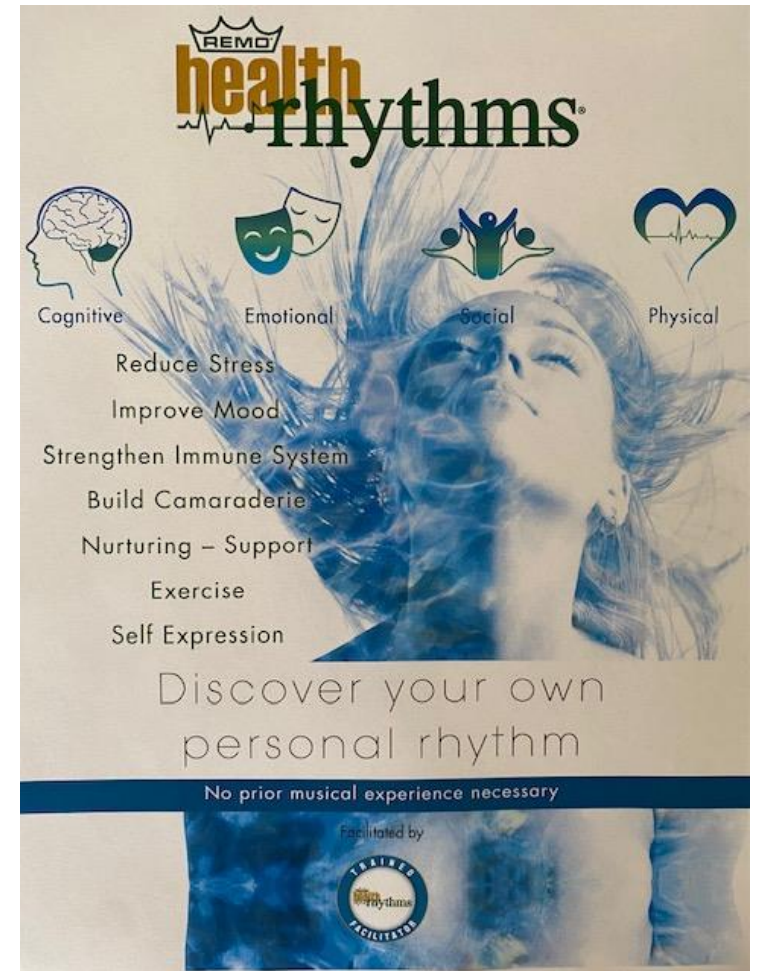


So ... why drumming?

Rhythm & Food ...
Feeding body, mind and spirit

Reversing destructive powers of Stress

- Reverse some of the impact of stress on your DNA
- Strengthen your immune system
- Improve your mood
- Develop closer bonding with others
- Cardiovascular Illness – Depression, Obesity, Diabetics
- Cognitive Impairment – Chronic Pain, Drug Abuse



REMO health rhythms®

Cognitive Emotional Social Physical

Reduce Stress
Improve Mood
Strengthen Immune System
Build Camaraderie
Nurturing – Support
Exercise
Self Expression

Discover your own personal rhythm

No prior musical experience necessary

Facilitated by

TRAINER health rhythms FACILITATOR

The poster features a central image of a woman with her eyes closed and mouth open, as if singing or shouting, with blue smoke or mist rising from her mouth. The background is a light beige color. The text is arranged in a vertical column on the left side of the poster, with icons for Cognitive (brain), Emotional (masks), Social (people), and Physical (heart) at the top. The bottom of the poster has a dark blue banner with white text.

Drum Circles have been part of healing rituals in many cultures throughout the world since antiquity

- Drumming is a complex composite intervention with the potential to modulate specific neuroendocrine and neuroimmune parameters in a direction opposite to that expected with the classic stress response. (*Altern Ther Health Med.* 2001; 7(1):38-47)
- HealthRHYTHMS drumming protocol is a fun, evidenced-based whole person strategy which promotes socialization and ensures a healthy non-strenuous workout.
- Research has shown the results can include: increase in natural killer cell activity, reduction in stress and burnout rates, improvement in mood states, enhanced creativity and bonding.

“Drumming gives me hope.”

“I feel so much better now than when I came in.”

“When can we do this again?!”



HealthRHYTHMS Group Empowerment Drumming has 7 Evidence-based Elements

- Nurturing / Support
- Camaraderie
- Self-Expression
- Exercise
- Guided Imagery
- Spirituality
- Music-Making

- NO EXPERIENCE REQUIRED!





Rhythm & Food ... feeding body, mind and spirit

Come and join us and be a part of the groove –
we are all drummers! Put your hand on your
heart – feel the beat - we all have a drum within
us!