



## Sacred Women's Circle:

Drumming for Wellness with Julie Alexander  
May 5, 2017, 7:30 - 9:00 PM

### About the Circle:

Drumming for Wellness is an exploration of mindful listening and rhythm-making as tools in promoting personal and community well-being. Julie will lead our circle in an experience of sound awareness, guided rhythm exercises and improvisational drumming using a variety of hand percussion instruments. Instruments will be provided. Please dress comfortably so that you can move to the rhythm if you wish!

### About the facilitator:

Julie Alexander is a nurse and wellness advocate who helps individuals and groups make intentional investments in their well-being. A lifelong musician and dancer, Julie also has a deep love for rhythm, and a fascination with the healing aspects of drumming. Facilitating group drumming events has proved to be a wonderful way to meld her interests, while honoring her commitment to promote community well-being. Julie's wellness practice, Core Health Partners, PLLC ([CoreHealthPartners.com](http://CoreHealthPartners.com)), is located in Cornelius.



### Community Yoga

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Please bring a monetary donation for

Angels & Sparrows Soup Kitchen, Community Yoga's 2017 charity.