

## **Rhythm and Relaxation**

a group drumming program for family caregivers

**Guest Speaker:**  
**Rufus Glassco**

Trained HealthRHYTHMS, Drum Circle Facilitator  
Rhythm Kingdom, Toronto

**Monday, February 7, 2012**

**5.30 pm - 7.00 pm**

at

**Alzheimer Society of Toronto**

20 Eglinton Avenue West, 16th Floor  
Toronto, Ontario  
(Yonge and Eglinton)

To register, please call 416-640-6307  
or email [imoffett@alzheimerontario.org](mailto:imoffett@alzheimerontario.org)

**Instruments provided**  
**No prior musical experience necessary**

**For Family Caregivers**