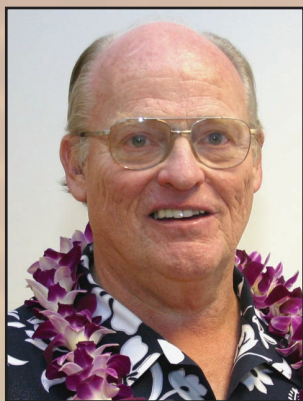


Music for Your Health



Date Saturday,
May 21, 2005

Time 9 a.m. to noon

Place Hawaii Prince Hotel,
Mauna Kea Ballroom

Parking \$3 self-parking at hotel
and Ilikai Marina garage

Learn to use the power of music for good health and overall well-being.

Dr. Arthur Harvey, University of Hawaii music education professor and music therapy specialist, will demonstrate and discuss the health, education and therapeutic benefits of music.

- **Health:** How music can help you manage stress, prevent illness and promote healing.
- **Education:** How music can enhance learning and memory for people of all ages.
- **Therapy:** How including music in treatment can help to improve emotional, mental and physical functions.

Dr. Harvey's interactive seminar will explain how making, listening and moving to music can have positive effects on your mind, body and spirit. There is no cost for this seminar with registration. Resources will be available.

To register, please call HMSA at 948-6398 on Oahu.



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Working for a Healthier Hawaii

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**Akamai
Living**