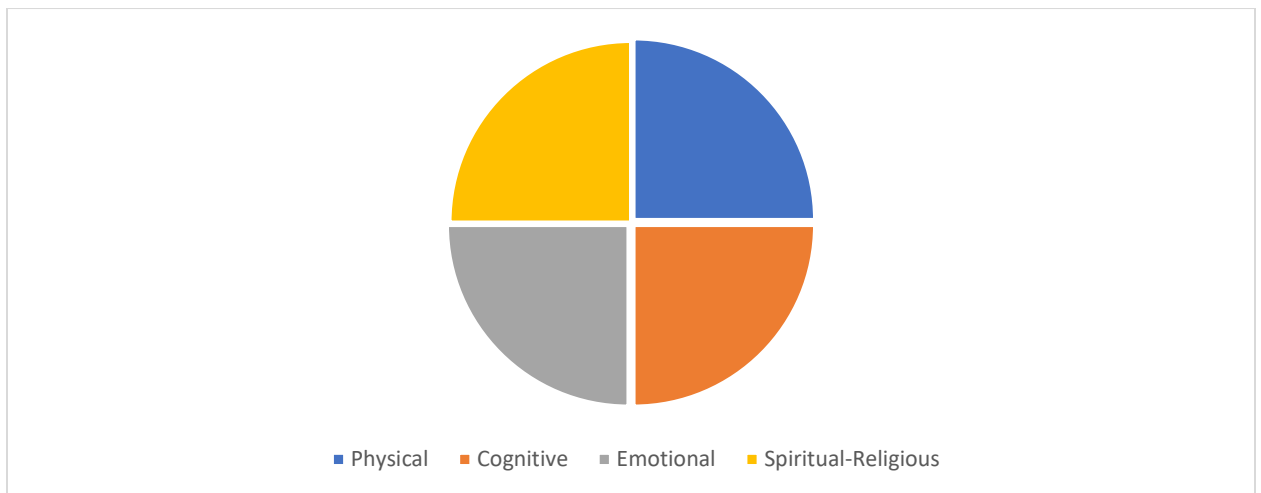


Music and Wellness:
Music in Physical, Cognitive, Emotional, and Spiritual-Religious Health
Dr. Nicki Cohen

I. Agenda

- A. Music and Culture
- B. Functions of Music
- C. Wellness and Health
- D. Music and Wellness
- E. Components of Music and Wellness
- F. Choosing Music to Pursue Wellness
- G. Experiential

II. Components of Music and Wellness



III. Choosing Music to Pursue Wellness

IV. Experiential

- a. My Get Up and Go
- b. Music and Breathing
- c. Guided Musical Support
- d. Wo-ya-ya, Faith