

Listen, Breathe, Move - YOUR WAY

Research Study

What: 7-week research program with 4 **Music Therapy**
+ Gentle Yoga sessions

Who: Caregivers/partners of those over 18 with
chronic health or living needs who reside in NC

When: Delivered asynchronously online- watch each
week on your own time

- Includes synchronous orientation session & focus group

Email for program dates!



Scan for eligibility!
email:
listenbreathemove
@gmail.com

"This gave me an
opportunity to remind
myself that it is OK to take
care of myself".
-past participant



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