

Music Makes a Difference

Music can lift you up. It can bring tears to your eyes. It can help you relax or make you get up and dance. Research suggests that music may also help with pain, heart disease, depression, Alzheimer's disease and other medical conditions.

Try these activities to find out how music can affect you:

Play CDs, tapes or records.

Attend a concert or musical program.

Talk about the music, the singer or the memories the songs bring up.

Play an instrument, on your own or with others.

Sing or dance along together.

Play musical games like "Name That Tune."



For information on all UT System Living Well programs and resources, visit www.livingwell.utssystem.edu.

Living Well resources are available to all UT SELECT Medical Plan members, free of charge: Employees, dependents, retirees, surviving spouses, and COBRA participants.