

# TIP OF THE WEEK



## Music Makes a Difference

*Music can lift you up. It can help you to relax or make you get up and dance. Music may also help with pain, heart disease, depression, and other medical conditions.*

### Try these activities to learn 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 that songs bring up.
- **Play an instrument**, on your own or with others.
- **Sing or dance** along together.
- **Play musical games** like "Name that Tune."

  
LivingWell  
make it a priority

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