

Contact: Carol Rubiano
212-580-9706

Louis Armstrong Center Offers a Day Retreat For Personal and Professional Caregivers

March 30, 2009 -- Are you feeling tired from caring for your elderly parents or your neighbor with special needs? Are you weary from treating patients 'round-the-clock? Do days go by and moments that you have for yourself are few and far between?

On Tuesday, May 12, The Louis Armstrong Center for Music and Medicine at Beth Israel Medical Center is offering *Music, Resilience, & Self Care: A Day Retreat*, a full day experiential program designed to give personal and professional caregivers a break from the stress and strain of caring for those who are ill. At the same time, learning opportunities for integration of music in self care and in the treatment of others will be offered by a team of experienced clinicians.

The conference will be held from 9 am to 4 pm at the Phillips Ambulatory Care Center, 10 Union Square East, Friedman Conference Center on the second floor. Space is limited and pre-registration is recommended. Early bird registration fee: \$75 for students and \$85 for others. After May 1st, registration is \$90 for students, and \$100 for others.

Conceived as a day-long retreat, the program will celebrate and appreciate the important role of caregivers with informative presentations and workshops on a variety of topics including coping techniques, stress reduction, and reconnecting with one's inner self. Complementary chair massages provided by JoyLife Therapeutics will be available during the afternoon.

The keynote address will be given by Kira-Laura Ferrand, an inspirational practitioner of applied kinesiology, who works with patients with cancer and others of all ages. She is associated with the "Heal the Healer" Program of *Go To Health* Ambulatory Care, a "heals on wheels" concept which provides a mobile health and healing center.

For more information or registration, call (212) 420-2704 or email info@musicandmedicine.org.