

HEART RHYTHMS DRUM CIRCLE



SECOND THURSDAY OF THE MONTH
5:30 – 7:00 PM
1304 PACIFIC STREET, SAN LUIS OBISPO, 93401

Our heart is a drum; it beats with a natural rhythm of life... Open your heart and connect with your body during our monthly drum circle at Hospice SLO County. When we drum together, we embrace community and escape isolation. Drumming can relieve stress, release tension and provide an outlet for anxiety.

Follow the leader for a one-and-a-half-hour session of drumming as a group. Participants may bring their own drum or shaker, or use an instrument provided by Hospice SLO County. Space is limited, please register in advance to reserve your seat.

RESERVE YOUR SEAT ONLINE AT
<https://hospiceslo.dm.networkforgood.com/forms/drum-circle>



All services are provided at no charge. Donations appreciated.
(805) 544-2266 | www.hospiceslo.org
1304 Pacific Street | San Luis Obispo CA, 93401