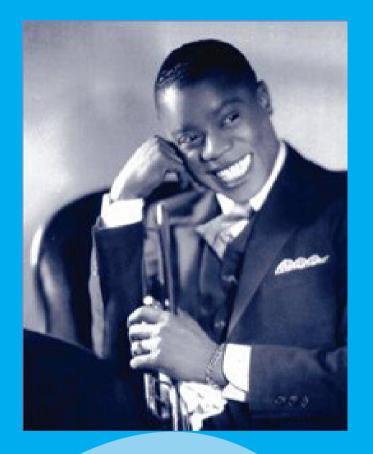
# HEALING **CIRCLES**

# **Music Therapy Resources** for Mount Sinai Staff

with The Louis Armstrong Center for Music and Medicine



Healing Circles Info To join the healing circles, go to the URL:

zoom.us/j/7342760584

**Meeting ID:** 734-276-0584

**Dial-in Number:** (646) 558-8656

#### HEALING CIRCLES

Join the LACMM team in our Louis Zoom Room for a 20-minute relief time with musical offerings & respite - a chance to take a breath & be nurtured.

For MSH and MSW NICU Staff Mondays at 3 PM Thursdays at 10 AM

For MSBI Behavioral Health Staff Thursdays at 11 AM

For MSW Oncology Staff Wednesdays & Fridays at 12 PM

For MSBI ICU & 8 Silver Staff Tuesdays & Fridays at 12 PM

For MSW ICU Staff Wednesdays & Fridays at 12:30 PM

#### **AUDIO RESOURCES**

Mount Sinai Calm On-the-Go

Dial-in Music for Relaxation

Call 212-844-CALM (212-844-2256) to reach the Music for Relaxation telephone line. Choose, option 1 for a 3-minute musical recording. Choose option 2 for an instructor-led relaxation exercise with music.

#### **VIDEO RESOURCES**

#### **Music Meditations**

Follow The Louis Armstrong Center for Music and Medicine on social media and YouTube for music meditations to help you de-stress and revitalize

#### YouTube Channel www.tinyurl.com/lacmm

musicmed

### FaceBook Page

facebook.com/Armstrong MusicandMedicine



## Mount Sinai **Beth Israel**

#### **Music Meditations**

If you would like to schedule a one-onone virtual/audio meeting with a music therapist for patient/family/staff support please call 212-420-2704

### www.musicandmedicine.org