

HEALING CIRCLES

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

Music Therapy Resources for Mount Sinai Staff

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/lacmmmusicmed

Facebook Page

facebook.com/ArmstrongMusicandMedicine



Mount Sinai Beth Israel

Music Meditations

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

www.musicandmedicine.org