



April 2, 2018 – For Immediate Release

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Music and Mindfulness in Medicine
Symposium co-sponsored by
University of Illinois College of Medicine & Youth Music Illinois
Tuesday, April 10, 2018 – 6:00 pm

On Tuesday, April 10th at 6 pm the University of Illinois College of Medicine and Youth Music Illinois are co-sponsoring a symposium titled, "Music and Mindfulness in Medicine" at the Life Together Center, 3601 North Sheridan Road, Peoria, Illinois 61604.

The symposium will explore how music can be medicinal, and discuss the intersection between music, neuroscience, and wellness. At the symposium, we will first explain how music is processed, stored, and recalled in the brain. Then, we will examine how musical and auditory influences on our brain affect our mood, memories, and overall health. Finally, we hope to illuminate the multitude of directions possible within music and medicine to further the well-being of our community and others.

This event is free and open to the public.

Featured speakers will be:

Amy Belfi, Ph.D. - Assistant Professor, Missouri S&T - Research focuses on neuroaesthetics, as well as the neurophysical investigation of music, emotion, and autobiographical memory.

Mac Christensen - Masters Intern in Music Therapy, ASU - Investigated the effect of receptive and active music experiences on patients with dementia; led music therapy sessions at various hospitals, including Mayo Clinic.

University of Illinois College of Medicine ~ 1 Illini Drive ~ Peoria, Illinois 61605
Youth Music Illinois ~ 3601 North Sheridan Road ~ Peoria, Illinois 61604