

Managing Stress Through Music

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View and/or download the slides from today's presentation at http://joyfulnoisesllc.com/links.html

Notes					
Action Items How can you incorporate music more intentionally to manage stress in your life?					
Please follow us on Facebook, Twitter & Instagram (@JoyfulNoisesLLC)!					
If you have any questions or comments, please let me know!					

Space for Doodling & More Notes...

