



Music and Movement with Steve



instrumental
health

**Tuesday, June 17th at 1:00pm
at the Holland Street Center**

**For more information
please contact Michelle
at 617-625-6600 x2315**

**More entertaining than
exercise. More energizing
than a performance.**

Come join for an energetic
combination of live music,
chair-based movement, music
history, trivia, and community.

Participation is encouraged
but all are welcome to just sit
and enjoy!

With a backdrop of Sinatra,
Elvis, and showtunes to the
Great American Songbook,
country, and 1960s pop, you'll
leave feeling invigorated,
with lifted spirits.

Steve Gintz is a professional musician, board-certified music therapist, and mental health counselor. He is the founder of Instrumental Health, providing enriching arts programming for older adults in and around Boston.



**Persons with disabilities who need ADA accommodations to access this program, please
contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.**

The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at somerviva@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.