

FOR IMMEDIATE RELEASE

Contact: Elissa Zimmer, Youth Services Librarian
elissa@ferndalepubliclibrary.org

Beat the Winter Blues with Drummunity

Sunday, Feb 23

2 pm

Ferndale Library

222 E. Nine Mile Rd

248-546-7838

All Ages / No registration required

More info: <https://www.facebook.com/events/1291063177748433/>

Ferndale Library Helps You Beat The Winter Blues with Drummunity on Feb 23

FERNDALE, Mich. (Jan 8, 2019)-- Where else can you find a mood-enhancing, stress-relieving, community-building, music-focused exercise that will help you relax while also allowing you to bang loudly on a drum? The place to be is the Ferndale Library on Sun, Feb 23, when rhythm facilitator Lori Fithian brings in her Drummunity Workshop for an all-ages audience. What better way to beat the winter blues than to hit some drums? But really, the Drummunity Workshops are designed to instill a sense of creativity, emotional balance, and enhance your capacity for collaboration. It's a chance for an audience to get to know one another through the shared experience of playing music together.

Drummunity brings all manner of rhythm and percussion instruments and encourages you to join in making some joyous noise together. There is no registration required, so please feel free to drop in and enjoy an afternoon of beating away the winter blues. No prior experience necessary for those who attend.

Lori Fithian has been facilitating drum circles and leading workshops for several years. Over the last 30 years, she has played hand drums and studied many different drumming traditions. She's been at it since she was very young--playing on Tupperware bowls as a child. Fithian brings a life-long love of music and rhythm to her all of her programs. In the years spent refining her techniques as a drum circle facilitator, she came to appreciate how drum circles can be a very empowering and inspiring experience for anyone who participates. She is a graduate of training programs by Arthur Hull (author of "Drum Circle Spirit: Empowering Human Potential through Rhythm"), and Dr. Barry Bittman, MD (neurologist and co-founder of HealthRhythms).

The end of February is usually the time most Michiganders start getting worn down by winter, but a visit to the Ferndale Library's Drummunity event can offer all ages an energizing, fun, and empowering activity to thaw away any frostiness we might be feeling at that point of the season. Getting to know your fellow library patrons through a uniquely musical activity is even more exciting when you realize that no one can play out of tune! You just gotta bang on that drum! Fithian will then show you how to find rhythmic synchronicity with the group--and they might just find broader synchronicity you can then carry with you on into the Springtime.

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