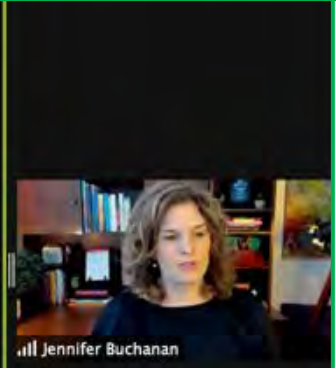
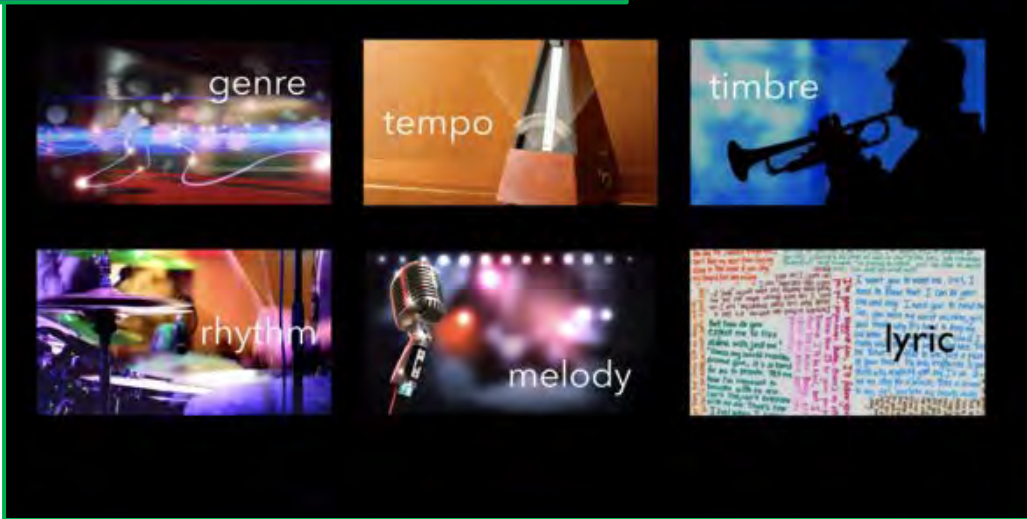


Northwestern Branch
of the
Alberta Retired Teachers' Association



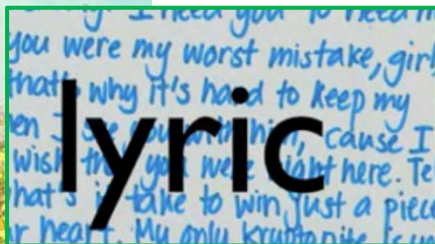
proudly presents and welcomes you to

6th New Frontiers Retirees'
Conference



7 Tips to Tune In...

1. remember music acts like a drug - use responsibly
2. music preferences are critical
3. create the right music toolkit for you and your work
4. use music intentionally at specific times of day
5. create different playlists - based on the feelings needed for the different goals you hope to reach
6. constantly test (tone, volume, style)



<https://www.jbmusictherapy.com>