

# GRAY MATTERS

Free Brain Health Workshops



## Melody and Memory: Your Brain on Music

**with Michael Krieger**  
Singer/Songwriter

Join us for this interactive presentation as singer/songwriter Michael Krieger discusses the positive impact music has on our brains. In addition to its entertainment value, Michael will discuss how music can improve cognitive performance, reduce stress, improve sleep, manage pain, enhance mood, and impact our motivation.

**When: Wednesday, October 20, 2021**

**1-2:30pm**

**Register in advance for this Zoom event at:**

<https://us06web.zoom.us/meeting/register/tJcuduqprDgvHNPh48y-cQP8TqxMDpHGLhKO>

**After registering, you will receive a link via email to join the meeting.**



### **About the Presenter:**

Singer/songwriter **Michael Krieger** has been earning his living as a musician in the Detroit area since 1992. Accompanying himself on piano and guitar, Michael writes and sings songs that tickle the funny bone, touch the heart, stir the conscience and raise the spirit. He works musically with individuals affected by Alzheimer's Disease and other forms of dementia, offering Zoom and FaceTime sessions for assisted living facilities and private clients.



**To enroll, contact [MindU@jfsdetroit.org](mailto:MindU@jfsdetroit.org) or 248-788-MIND.**