GRAY MATTERS

Free Brain Health Workshops



The Positive Effects of Music on your Brain

with musician Michael Krieger

Music has a powerful impact on our brains!

Music activates almost all areas of the brain. It not only helps us with cognitive function and learning, but also with happiness, mood, and sleep. Join us for a discussion of music's profound ability to impact us and enjoy an engaging performance from musician Michael Krieger!

Wednesday, November 11

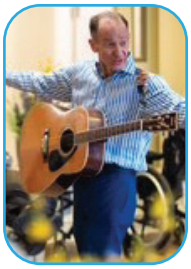
1-2:30pm

Jewish Family Service

6555 West Maple Road, West Bloomfield

To register visit jfsdetroit.org/MindU
or contact us at MindU@jfsdetroit.org or 248.788.MIND (6463)

About the Presenters:



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 individual and group sessions.



Mackenzie Steele, LMSW, CDP earned her Master's Degree in Social Work, with a concentration in Interpersonal Practice, and a Bachelor's Degree in Psychology from the University of Michigan. As a licensed social worker and certified dementia practitioner, Mackenzie has a background in medical geriatric social work, including experience working with individuals and families living with a dementia diagnosis. Mackenzie is currently the Supervisor of Mind University at Jewish Family Service of Metro Detroit.

Jewish Family Service of Metro Detroit

JWF Jewish Women's Foundation of Metropolitan Detroit

Rose Kaplan and Ethel Hyman Foundation

ALZHEIMER'S ASSOCIATION

Put your best brain forward MIND U